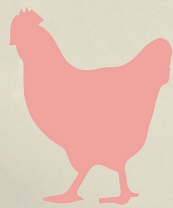




# EGG recipes



Opplysningskontoret for egg og kjøtt

# PREFACE

Eggs are a healthy food that most people enjoy. In a country with high food prices eggs are a good and cheap source of protein, fat, vitamins and minerals. Eggs however also contain cholesterol making some people reluctant to eat them everyday. The myth about eggs and cholesterol are not as well believed today as more and more studies show eggs improve many of the risk factors related to metabolic syndrome, diabetes and heart disease. Studies show that the extra cholesterol from eggs does not increase the risk of these diseases. Eggs can be used in a variety of ways; boiled, fried, scrambled, in an omelette, eggnog, egg custard, meringue etc. They can be eaten for breakfast, lunch and dinner.

We eat on average about ½ egg per day and the Norwegian consumption of eggs has remained stable for a long time.

The egg is an important role in a balanced diet as it contains many of the daily nutrients we need. National research has been conducted to see how much we eat in reference to the various food groups and how they contribute to the Norwegian diet. Although eggs contribute only about 1% of our calorie intake, the egg is the second most important source of vitamin E, the third most important source of vitamin D and the fourth most important source of vitamin B12 in the Norwegian diet.

A omelet consisting of two eggs has a high content of protein and is rich in vitamin B2 (riboflavin), folic acid, vitamin B12, phosphorus, vitamin D, vitamin E and selenium, and also contains vitamin A and iron.



Protein is made up of 20 amino acids, eight of which are essential and vital. The protein in eggs contains a high percentage of various essential amino acids, our body can not produce this itself and therefore eggs contain high quality protein.

The protein in the egg is not effected no matter which way you cook it, needless to say you do not need to drink raw eggs after exercise. Rather enjoy an omelet or a scrambled egg salad.

Eggs should be kept cool, preferably refrigerated. They are then fresh for weeks or even months. But, just as cheese, eggs should also be tempered before we use them, This brings all the good qualities out. Although eggs do well stored at room temperature a few days before you use them, they can also be frozen - before this they must be broken first. Yolk and whites can be frozen separately.

Most Norwegian eggs are checked before they go out in stores. The eggs are then screened, sorted and stamped at the packing plant. An expiry date is placed on each egg carton. The eggs are sorted into weight classes small, medium, large and extra large.

Norwegian eggs are free from salmonella, and therefore we can safely eat raw eggs and use egg eggnog in cakes and desserts.

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# RECIPES

## ABOUT EGGS

### Raw eggs:

In Norway you can eat eggs as soft as you like, even raw!

### Poached eggs:

Crack your cold eggs into boiling hot water (90-95 degrees) and let them draw, in approximately 4 minutes the egg white will be firm and the yolk soft.

### Soft boiled eggs:

Boil for 3-6 minutes, cool in cold water.

### Hard boiled eggs:

Cook for 8-10 minutes, cool in cold water.

### “Smiling” eggs:

Boil for 6-8 minutes, cool in cold water. The smiling egg yolk should have slightly firm edges be soft in the middle.

### Fried eggs:

Crack the egg carefully in a frying pan with a little melted margarine. Bake on a low heat until whites are stiff and the yolk is still soft.

### Omelette:

Pour the batter into a hot pan so that the margarine melts easily without getting brown. Pull the hardened batter into the middle, add the filling and fold over.

### Scrambled Eggs:

Pour the batter into a pan that is so hot that the margarine melts easily without getting brown. Pull scrambled eggs with fork as it hardens.

# Omelet with cheese and onion



## Ingredients:

- 2 eggs
- 2 tablespoons water
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 tablespoon margarine
- 1/4 finely chopped onion
- 2 tablespoons grated white cheese
- 4 pieces red cherry tomato

This recipe is simple and listed as one of the 10 easiest dinners! Simple, nutritious and delicious.

## This is what you do:

1. Whisk the eggs together, add water, salt and pepper. The pan must be so hot that margarine sizzles when placed in. Pour in batter and pull it toward the centre as it hardens.
  2. Add cheese and onions on one half of the omelet when the mixture is almost set. Let the omelette fry for a few seconds before you fold the other half over.
- Serve the freshly cooked omelette with cocktail tomatoes, toasted bread and salad.

# Tortilla de patatas



## Ingredients:

- 6 potatoes
- 1 onion
- 1 tablespoon olive oil for frying
- 5 eggs
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

We often eat tapas in a relaxed and informal setting. Tapas consists of a variety of appetisers that can be assembled making a whole meal. Olives, ham, meatballs and omelettes are usually included in a tapas menu.

## This is what you do:

1. Peel the potatoes and onions and cut them into thin slices. Fry the potatoes in oil at a medium heat until tender. Fry in batches, add a little salt and pepper on the potatoes
2. Sauté the onion until it is translucent. Add the potato slices back into the pan and mix them together with the onion.
3. Beat the eggs lightly adding salt and a little pepper, pour the egg mixture over the potatoes and onions. Shake the pan so egg mixture covers the potato slices. Let the omelette solidify on a medium heat, cover with a lid. Garnish with onion rings and herbs.

# Scrambled eggs



## Ingredients:

2 eggs

1 tablespoon butter

salt

freshly ground black pepper

## This is what you do:

1. Whisk gently together eggs, add a little salt and pepper in a bowl. Use a regular fork and whisk so the yolk and white are mixed together.

2. Melt half the butter in a thick-bottomed pan, or in a pan with non-stick coating and high edges. Pour the eggs in, and set the pan over low heat.

3. Now you add the remaining butter to the egg batter, this should then solidify. For an alternative taste you can substitute butter with milk, cream or creme fraiche. Now you can add your condiments, such as chives, truffle oil or crab. Serve immediately.

# Egg and tuna salad



## Ingredients:

4 eggs

1 tin canned tuna in water

Lettuce

1/2 cucumber

1 red onion

1 cup cooked green lentils

## Caesar Dressing:

3 gloves of garlic

2 egg yolks

1/4 teaspoon salt

1/4 teaspoon ground pepper

1 teaspoon Dijon mustard

Juice of 1 lime

1/2 dl olive oil

A good salad can often be more enticing than a hot meal. Feel free to use your boiled potatoes from yesterdays dinner Alternatively add pasta or bulgur wheat for the same great taste.

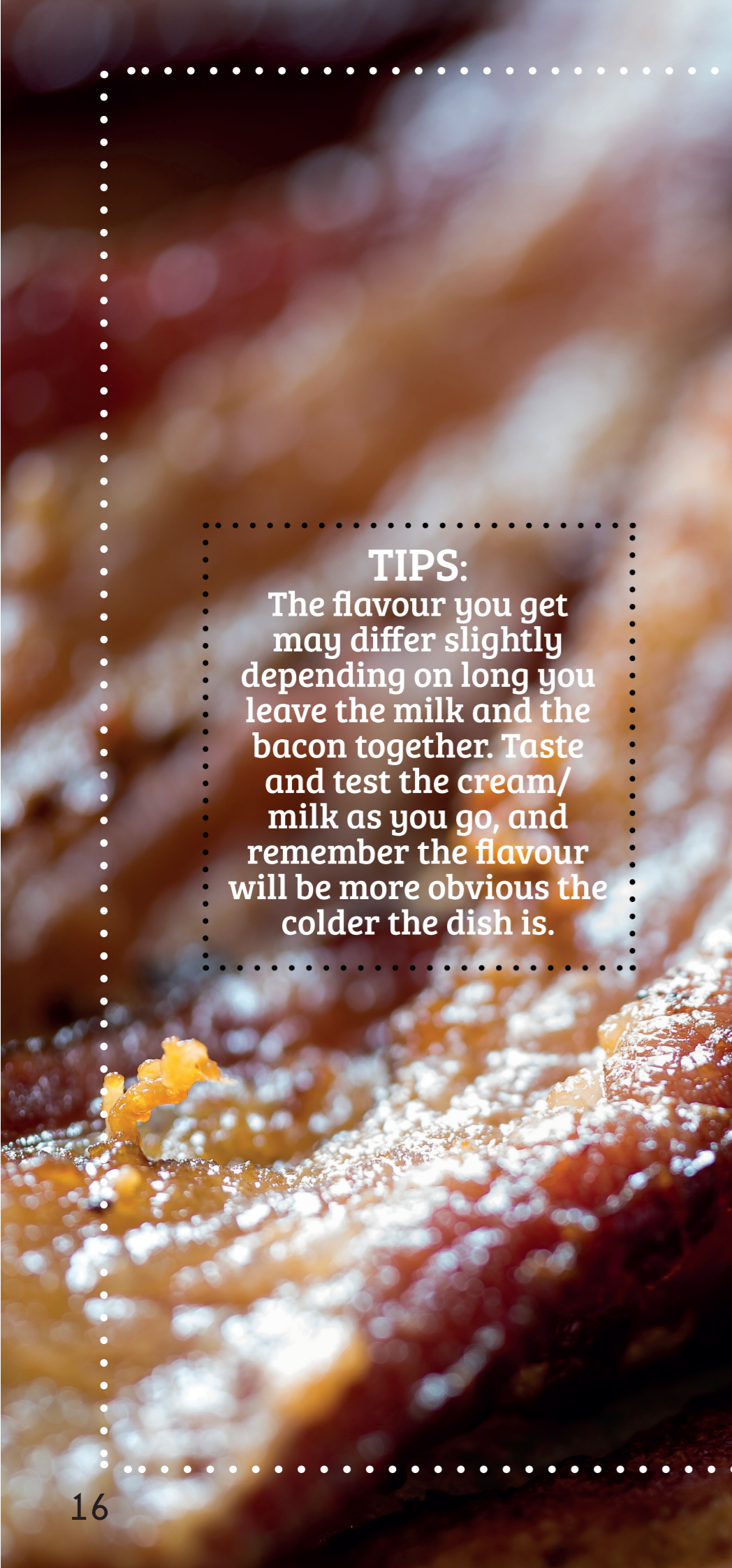
## This is what you do:

1. Boil the eggs for 8-10 minutes and leave to cool in cold water . Peel the eggs and cut them in half.

2. Divide the rest of the ingredients for the salad into bite-sized pieces, add the lettuce and ar-range neatly on a platter . Add egg halves (boats) on top.

3. Mix the oil and vinegar dressing and season with a little salt and pepper. Pour the dressing over the salad.





**Want to try something new and interesting. Try this sweet and salty bacon dish. Yum!**

**Ingredients:**

150 g bacon slices

1 tablespoon butter for frying

5 dl milk

5 dl cream

10 egg yolks

200 g sugar

**THE CHARM:**

150 g bacon slices

1 tablespoon butter for frying

**TIPS:**

The flavour you get may differ slightly depending on long you leave the milk and the bacon together. Taste and test the cream/milk as you go, and remember the flavour will be more obvious the colder the dish is.

# Baconis

**This is what you do:**

1. Sauté the bacon slices in a hot skillet with butter until crisp. Add the fried bacon onto a plate with a paper towel to drain off excess fat.
2. Place the fried bacon in a bowl. Pour milk and cream over it. Let the creamy milk extract the flavour from the bacon for a few hours, preferably overnight.
3. Strain the milk from the bacon. Pour the creamy milk into a saucepan and bring to a boil. Take the pan off of the heat beat it until fluffy.
4. Beat the egg yolks and sugar together until fluffy and stiff (6-8 minutes)
5. Pour the creamy milk gently in a thin stream over the egg mixture. while constantly stirring.
6. Pour the mixture back into the pan and leave it on low heat until it starts to thicken. Stir constantly, and make sure it does not boil. Strain the mixture and place it in the fridge until cold.
7. Run the chilled mixture into an ice cream maker until it has a creamy and fine texture. If you do not have an ice cream maker, pour the cooled mixture into a suitable container, such as a bread tin and place it in the freezer. Stir the mixture frequently in the mixture as it freezes, about every half hour, this is so that the fluid does not have ice crystals. leave it in the freezer until it is completely rigid (about 6 hours.)
8. Cut bacon into small cubes. Sauté on a hot skillet add butter to crisp the bacon. Place the fried bacon onto a plate with a paper towel so that the fat drains off. Cut the cooked bacon into even smaller pieces. Serve.

# Oat Fritters with berries and yogurt



## Ingredients:

1 egg

1/2 tablespoon  
honey

1/2 cup oatmeal

1 tablespoon  
canola oil

1/2 cup quark lean,  
1%

1 dl extra fat milk

1 tablespoon liquid  
margarine for frying

1 tablespoon  
chopped walnut  
kernels

2 tablespoons  
raspberry

2 tablespoons  
blueberries

2 tablespoons  
vaniljeyoghurt

Looking for something extra tasty in lunch box, try these oats fritters with berries and vanilla yogurt.

## This is what you do:

1. Mix together all the ingredients. The batter should be smooth leave to swell for 30 min before baking

2. Bake several in a pan with a little margarine . Coat the pan before frying.

# Waffles



## Ingredients:

4 dl flour

5 tablespoons  
sugar

1 teaspoon baking  
powder

1 teaspoon ground  
cardamom

4 dl milk

5 pcs eggs

100g melted butter

Waffles, A delicious treat big or small. Add Jam, sour cream, butter and brown sugar,. This is guaranteed to fulfil all your wishes. Try this delicious waffle recipe!

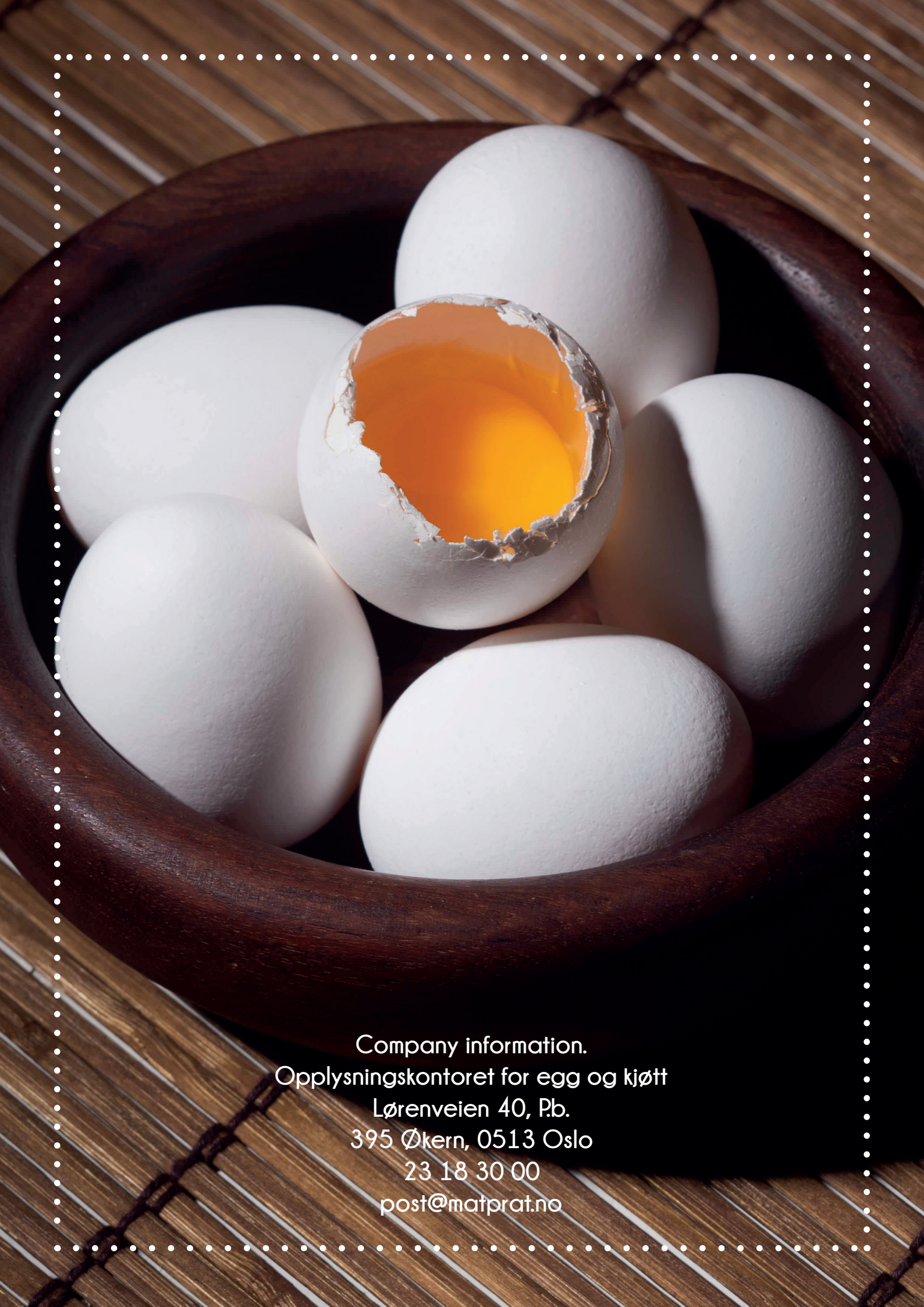
## This is what you do:

1. Put all dry ingredients in a bowl, dilute with milk a little at a time. Stir well in-between each time to avoid lumps.

2. Stir in the eggs and add the melted butter. Leave the batter to swell for about 1/2 hour.

3. Bake the waffles and serve warm.

Serve with jam, sour cream, sugar , butter and / or cheese.



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