



# 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 every day. 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 omelet, eggnog, egg custard, meringue etc. They can be eaten for breakfast, lunch and dinner. We eat on average about  $\frac{1}{2}$  an egg per day and the Norwegian consumption of eggs has remained stable for a long time.

The egg plays 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.

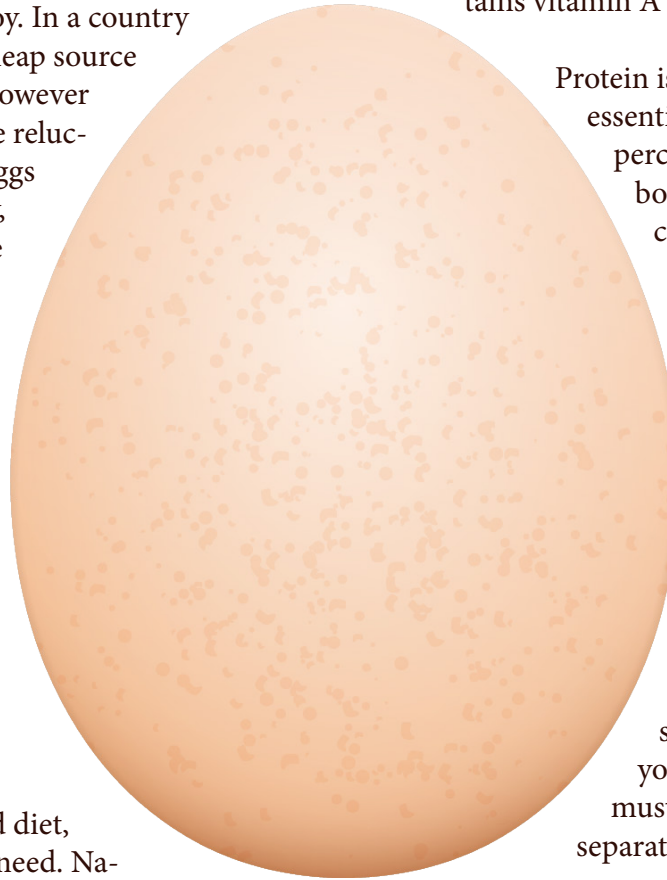
An omelet consisting of two eggs has a high content of protein and is rich in vitamin B2 (riboflavin), folic acid, vitamin B12, phosphorus, vitamin D, vitamin E and selenium, and also contains vitamin A and iron.

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 cannot produce this itself and therefore eggs contain high quality protein.

The protein in the egg is not affected, 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 like 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 for a few days before you use them, they can also be frozen, but 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 in eggnog, cakes and desserts.



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# ABOUT EGGS



**Raw Eggs:** In Norway you can eat eggs as soft as you like, even raw!

**Doached 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.

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

**Hard boiled eggs:** Cook for 8-10 minutes, cool in cold water.

**Fried eggs:** Crack the egg carefully in a frying pan with a little melted margarine. Fry on a low heat until the white is firm and the yolk is still soft.

**Omelet:** Pour the egg mixture into a hot pan with melted margarine. Once the omelet is firm, add the filling and fold over.

**Scrambled eggs:** Pour the egg mixture into a hot pan with melted margarine. Mix the egg continuously while it cooks to create a scramble.

# TORTILLA DE PATATAS

## Ingredients:

6 potatoes

1 onion

1 tablespoon olive oil  
for frying

5 eggs

1/2 teaspoon salt

1/4 teaspoon pepper



*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 to 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 that the egg mixture covers the potato slices. Let the omelet solidify on 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:*

Gently whisk the eggs, salt and pepper together in a bowl. Use a regular fork to whisk so the yolk and white are mixed together.

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.

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

# Tuna SALAD

## Ingredients

4 eggs

1 tin canned tuna in brine

Lettuce

1/2 cucumber

1 red onion

1 cup cooked green lentils

Caesar dressing:

3 cloves of garlic

2 egg yolks

1/4 teaspoon salt

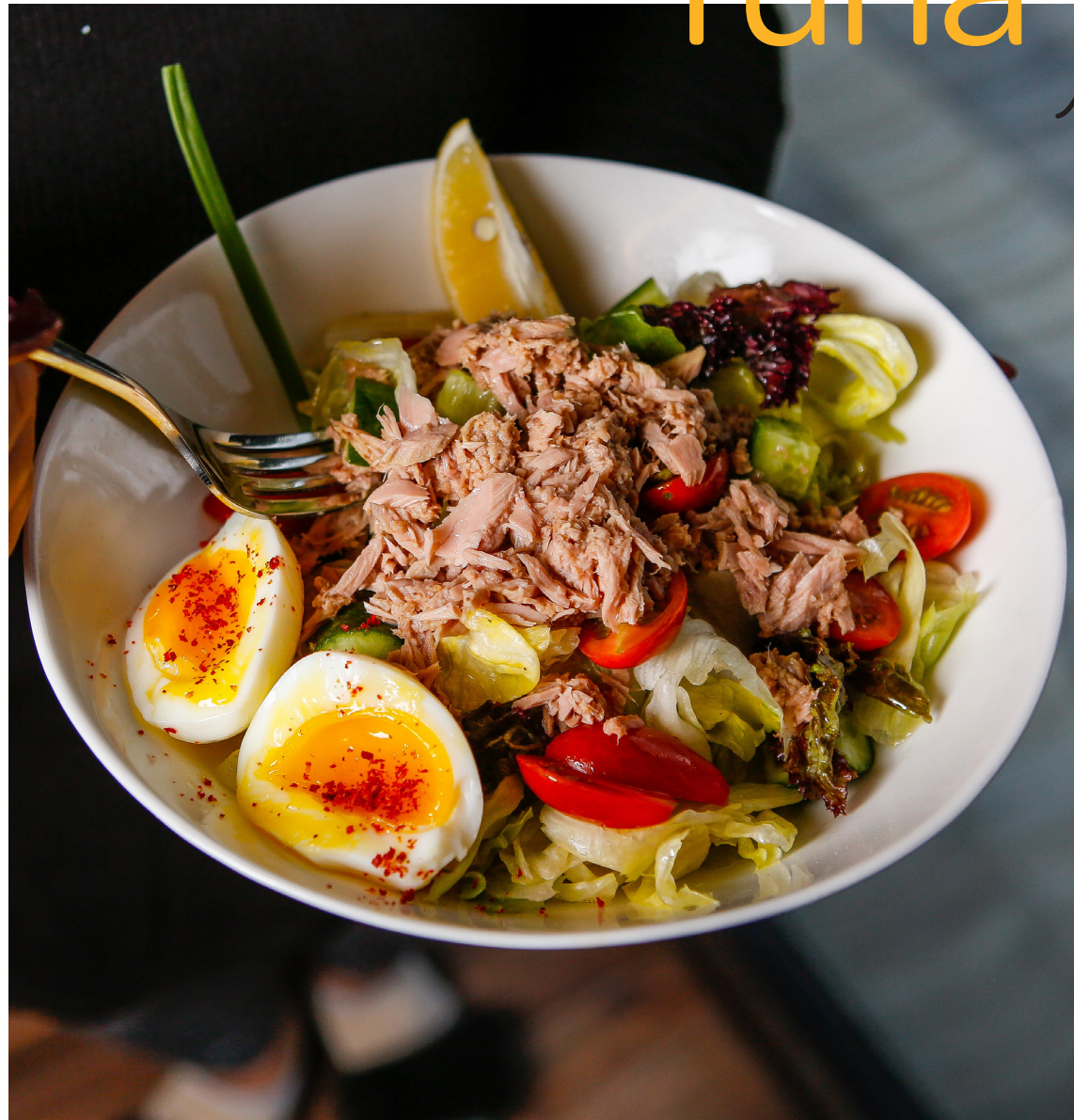
1/4 teaspoon ground pepper

1 teaspoon Dijon mustard

juice of 1 lime

1/2 dl olive oil

Salt and pepper



*A good salad can often be more enticing than a hot meal. Feel free to use your boiled potatoes from yesterday's 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. Cut the rest of the ingredients for the salad into bite-sized pieces, add the lettuce and arrange neatly on a platter. Add egg halves on top.
3. Prepare the Caesar dressing and season with a little salt and pepper. Pour the dressing over the salad.

## TIP:

*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.*

### *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.
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 in 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 (about every half hour) while it freezes, this will prevent ice crystals from forming. Leave it in the freezer until it is completely stiff (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 the crunchy bacon bits on the ice-cream.

Want to try something new and interesting?  
Make this sweet and salty bacon dish. Yum!

# Bacon Ice Cream



## Ingredients:

- 150 g bacon slices
- 10 egg yolks
- 1 tablespoon butter for frying
- 200 g sugar
- 5 dl milk
- 5 dl cream

### **The Charm:**

- 150 g bacon slices
- 1 tablespoon butter for frying

# Oat Fritters

with berries and yogurt

*Looking for something extra tasty in lunch box? Try these oats fritters with berries and vanilla yogurt.*



## Ingredients:

- |                         |                               |
|-------------------------|-------------------------------|
| 1 egg                   | 1 tablespoon liquid margarine |
| 1/2 tablespoon honey    | for frying                    |
| 1/2 cup oatmeal         | 1 tablespoon chopped walnut   |
| 1 tablespoon canola oil | kernels                       |
| 1/2 cup quark lean, 1%  | 2 tablespoons raspberries     |
| 1 dl extra fat milk     | 2 tablespoons blueberries     |
|                         | 2 tablespoons vanilla yoghurt |

### This is what you do:

1. Mix together all the ingredients until the batter is smooth. Leave to rise for 30 min before baking
2. Bake several fritters in a pan with a little margarine. Coat the pan before frying.