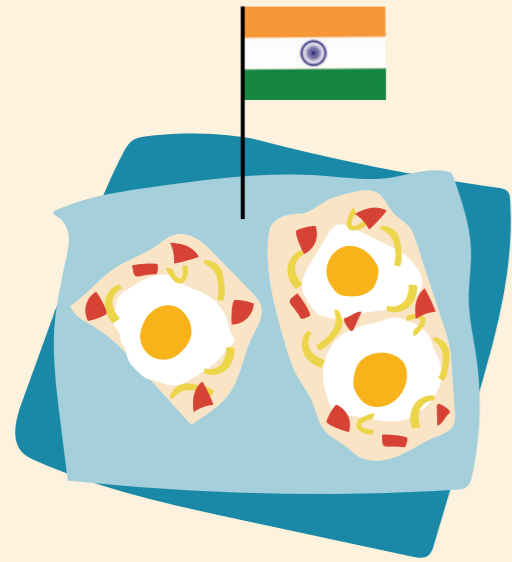




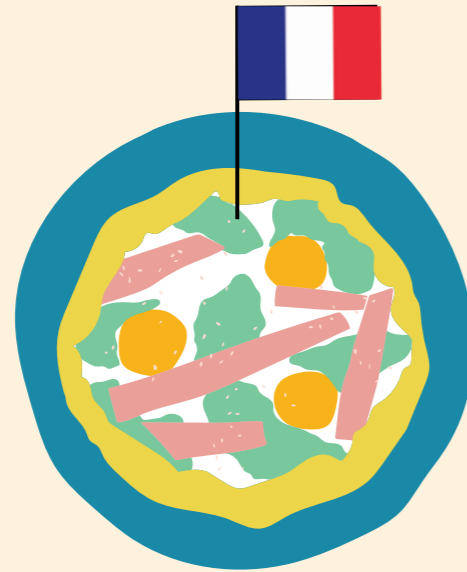
WORLD EGG DAY COOK BOOK

A celebration of recipes from around the world.

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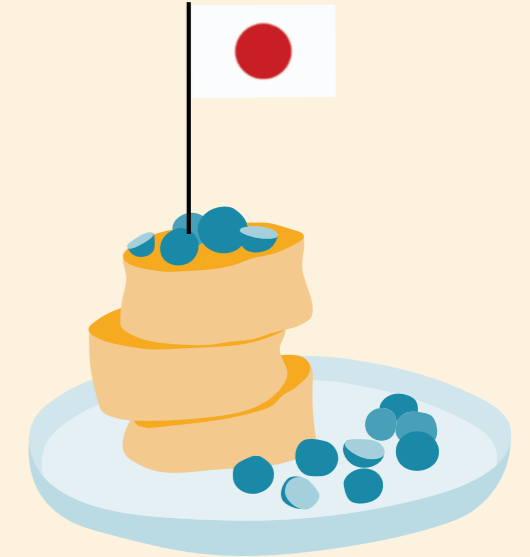
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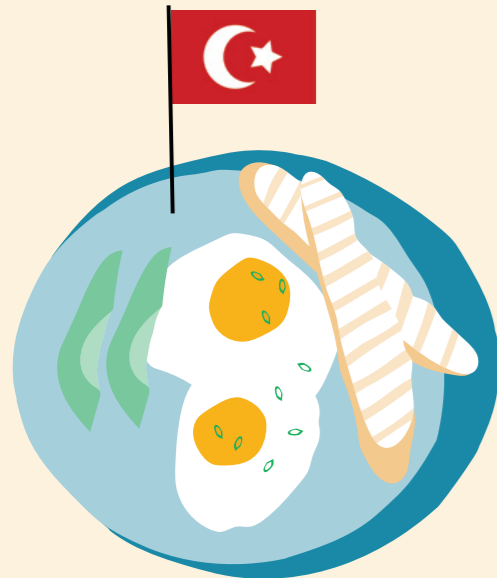
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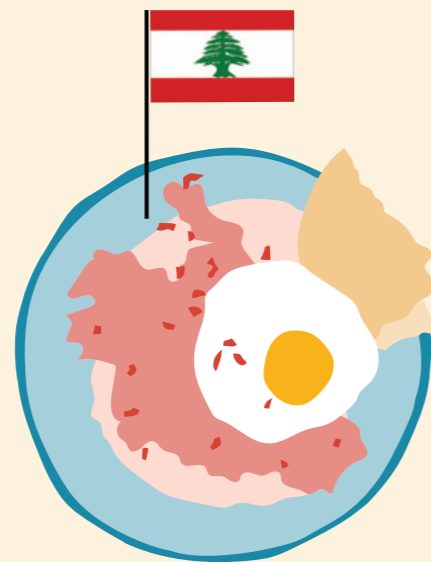
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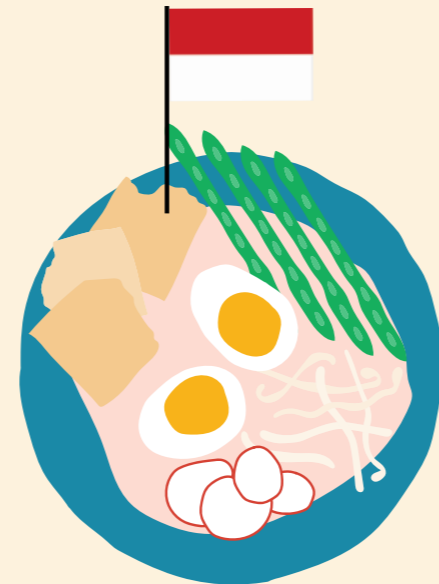
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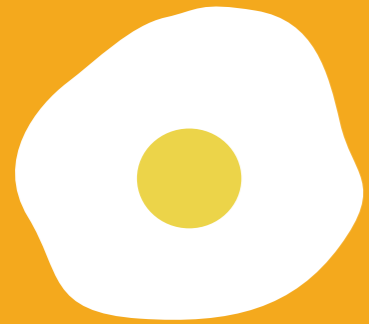


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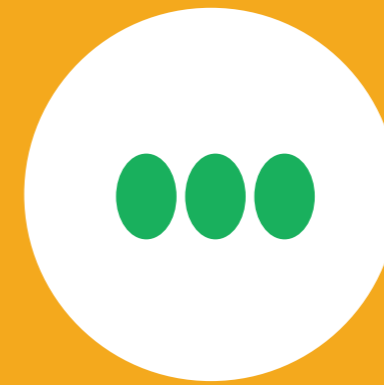
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foreword

October 8, 2021 marks this year's World Egg Day and the 25th anniversary of the day.

It's a great opportunity for Australians to learn and be reminded about the nutritious, delicious, affordable staple that is the egg, and the new, fresh, and creative ways it can be worked into every meal.

This year, Australian Eggs is celebrating World Egg Day in style. In this cook book, you'll find recipes from around the globe that everyone will love.

We hope you enjoy. Happy cooking!

The Australian Eggs Team



did you know

VITAMIN D

Just one serve of eggs contains 82% of your recommended daily vitamin D intake.

PROTEIN

Eggs provide excellent quality protein providing essential amino acids in a highly digestible form.

IODINE

Iodine is an essential nutrient for cognitive development. One serve of eggs contains 29% RDI per serve.

SELENIUM

Eggs contain 41% of the recommended daily intake of selenium which is an important nutrient for maintaining healthy hair and nails.

AMINO ACID

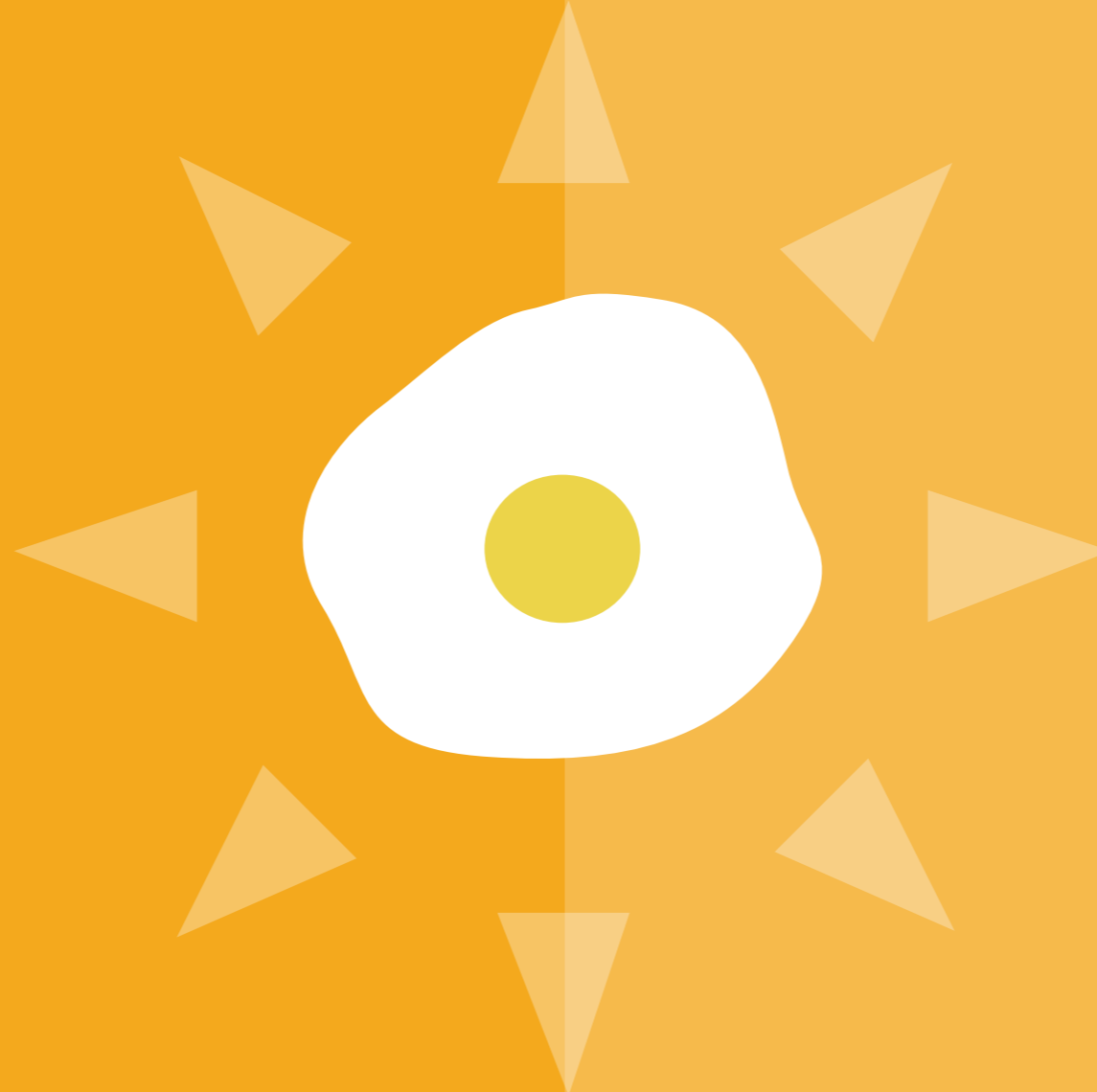
Eggs contain all the essential amino acids, the building blocks of protein.

IRON

A serving of eggs provides 14% of your RDI. Iron is an essential mineral involved in various primary body functions, including the transport of oxygen throughout the body.

PHOSPHOROUS

Eggs provide phosphorus which is necessary for teeth and bone structure.



curried fried egg naan

Country: Indian

Prep Time: 5 mins

Cook Time: 10 mins

Serves: 2

Ingredients

4 eggs 

2 store-bought naans

1½ tbsp oil

1 large red onion, finely sliced

1 small garlic clove, sliced

1-1½ tbsp leftover mild Indian curry
paste (such as korma or rogan josh)

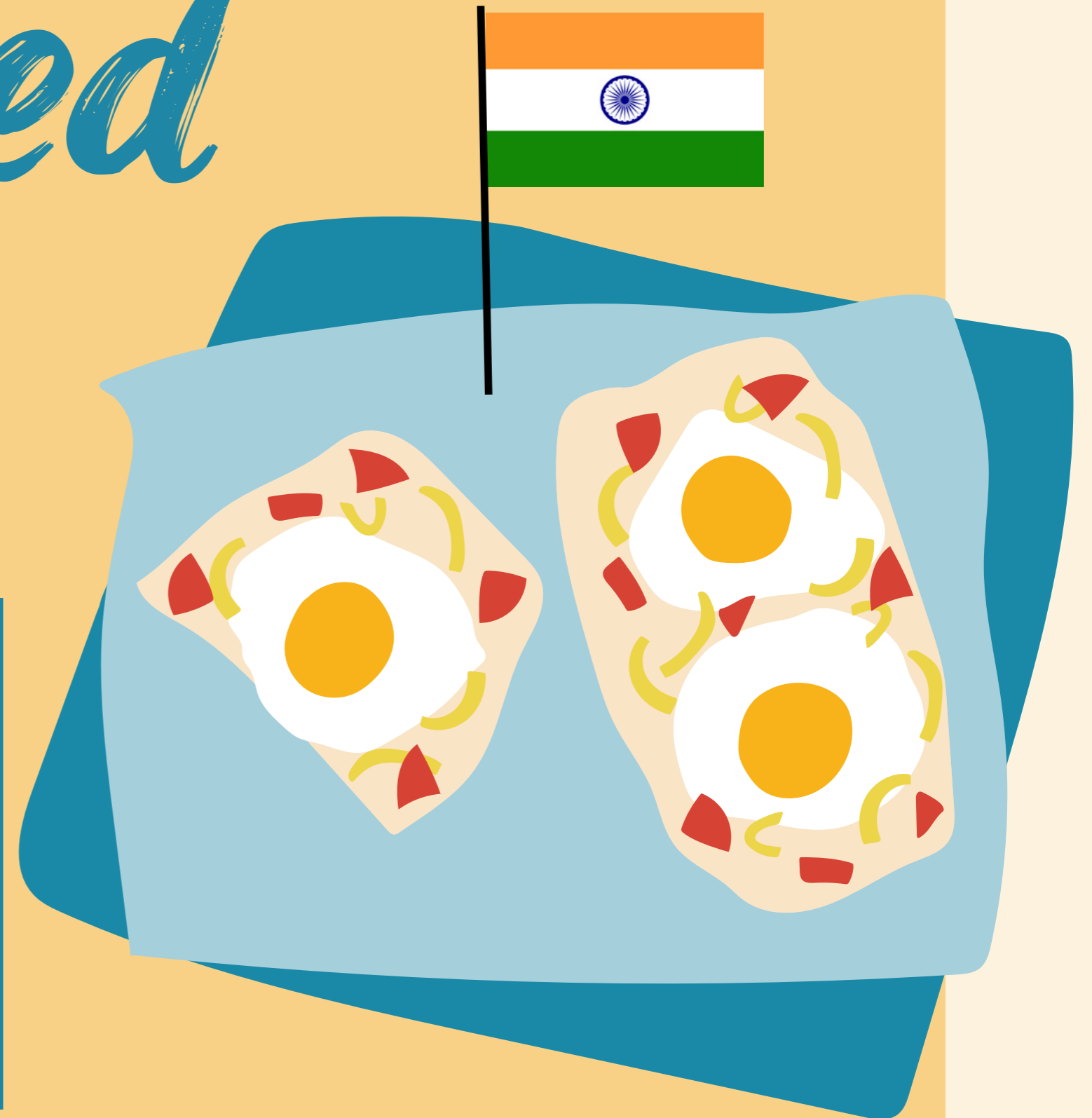
Salt and pepper to taste

⅓ cup (95g) labneh

2 Roma tomatoes, finely diced

2 tbsp fresh coriander springs

1 lemon, plus extra lemon wedges to serve



curried fried egg naan



Method:

1

Heat a large non-stick frying pan over medium-high heat. Add naan and toast both sides until warm and lightly toasted. Transfer to a plate.

2

Add oil to the same pan and add onion and garlic. Cook, stirring for 1-2 minutes to soften onion and crisp up garlic slices.

3

Stir in curry paste, making sure to coat the onions and garlic and cook for a further 1 minute.

4

Oil pan to crack the eggs into. Add eggs and fry for 2-3 minutes. Cover with lid until cooked to your liking. Season with salt and pepper.

5

Place naan onto serving plates and spoon labneh evenly over the top. Top with curried fried eggs and onions. Scatter over tomato and coriander. Squeeze over lemon juice and season to taste. Serve immediately with extra lemon wedges.

*aussies
love
their
eggs*



At just under 148 calories per serving, and packed with vitamins and nutrients, they'll help you feel fuller for longer without the empty calories.

za'atar egg and rainbow chard galette

Country: France

Prep Time: 20 mins

Cook Time: 30 mins

Serves: 4-6

Ingredients

3 small eggs, plus 1 beaten egg for glazing pastry ●●●●

1 bunch rainbow chard

1 tbsp olive oil

1 clove garlic, crushed

½ tsp ground cumin

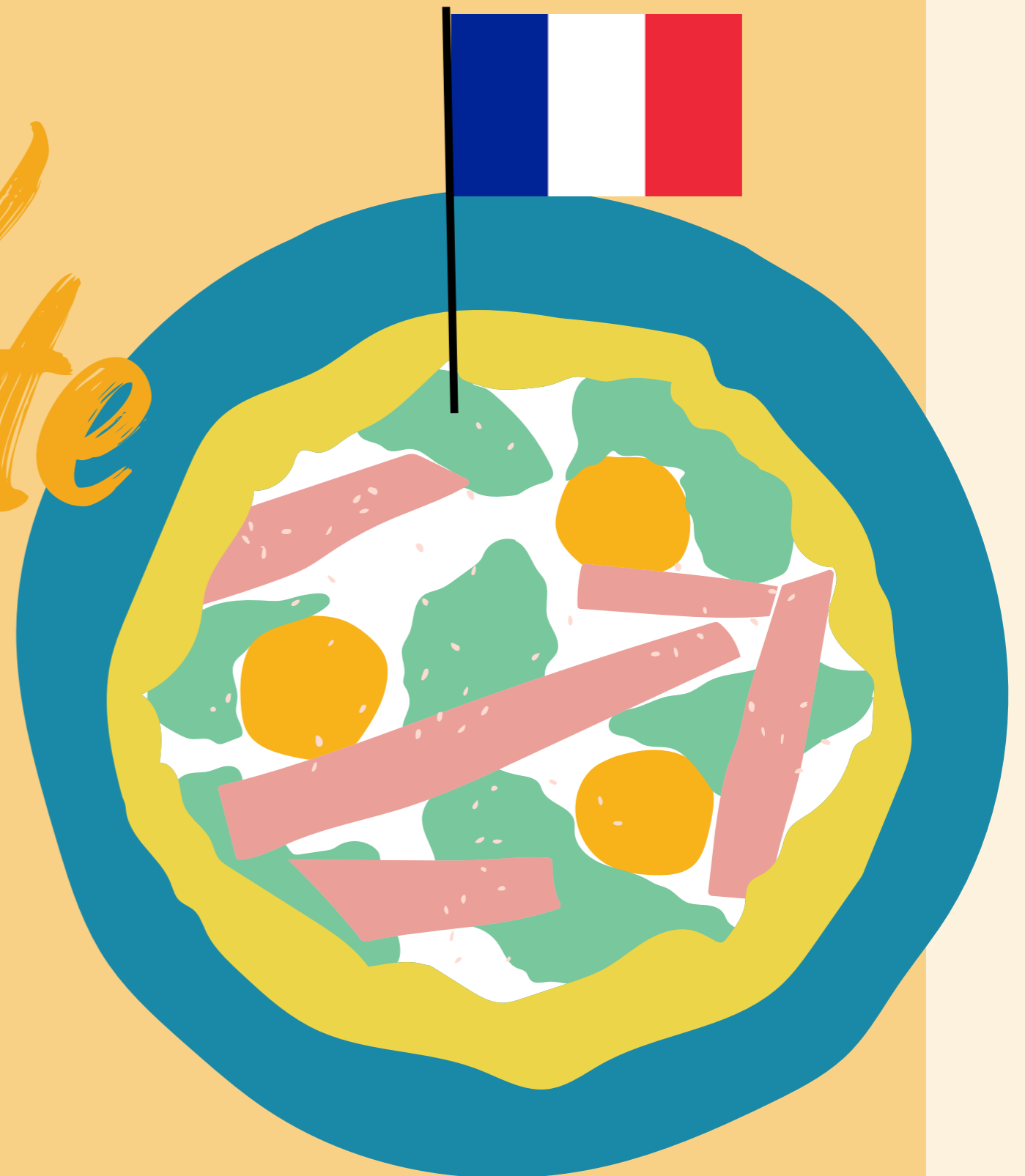
375g all butter puff pastry, just thawed (see tip)

100g firm mozzarella, thinly sliced

2- 3 tbsp marinated Persian fetta, crumbled

Za'atar Dukkah to serve

Salt and pepper to taste



Method:

1

Preheat oven to 220°C/200°C (fan-forced) and line a large baking tray with baking paper.

2

Trim and remove stalks from chard and coarsely chop leaves.

3

Heat oil in a large frying pan over medium-high heat. Add stalks and cook, stirring, for 1-2 minutes. Remove from pan and set aside.

4

Add garlic, cumin and leaves to the pan and cook until just wilted. Season with salt and pepper, then transfer to a plate to cool.

5

Carefully roll out the pastry on a lightly floured workbench and trim to form approximately 30-35cm circle.

Place onto lined baking tray. Arrange chard leaves and mozzarella over the top, leaving a 4cm border. Fold the edges over to partially enclose the filling, overlapping the dough as needed. Brush edges with beaten egg and bake 15-18 minutes or until pastry is lightly golden and mostly cooked.

TIP: We used Careme all butter puff pastry in this recipe. Available at some supermarkets, deli and fruit and veg markets.

6

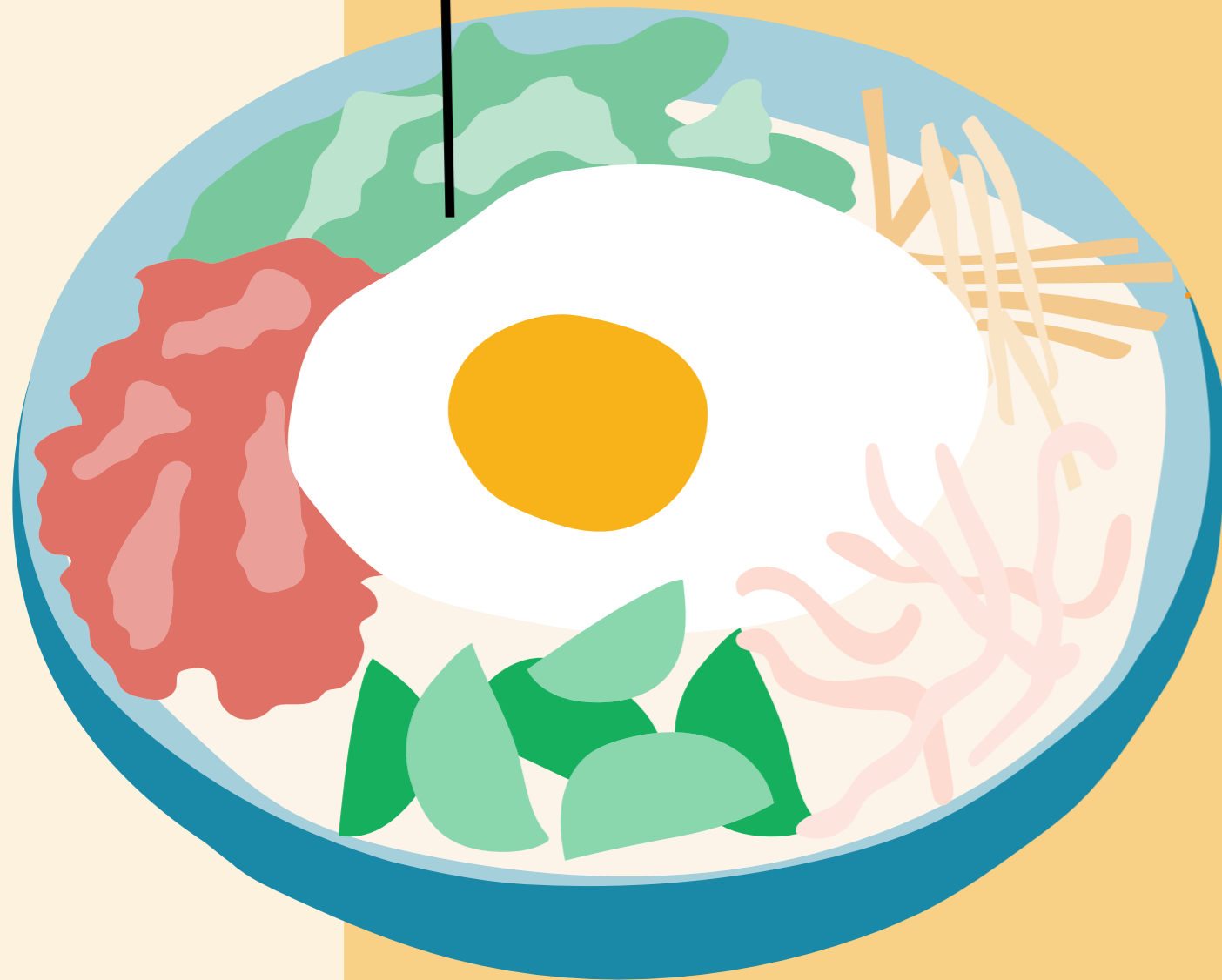
Pull out galette and make 3 indents into the filling. Crack an egg into each indent. Cut stalks to fit and arrange over the top of galette. Cook a further 5-7 minutes or until pastry is golden and egg whites are just set.

7

To serve, crumble over fetta and sprinkle with za'atar dukkha. Serve warm.



za'atar egg and rainbow chard galette



beef bibimbap

Country: Korea

Prep Time: 10 mins

Cook Time: 10 mins

Serves: 4

Ingredients

4 eggs ●●●●

2 tbsp olive oil

4 garlic cloves, crushed

1½ cups jasmine rice

1 tsp sesame oil

180g baby spinach leaves

3 tsp toasted sesame seeds

500g lean beef mince

1 tbsp finely grated fresh ginger

¼ cup oyster sauce

1½ tbsp salt-reduced soy sauce

1½ tbsp brown sugar

2 small carrots, cut into matchsticks

2 small Lebanese cucumbers, halved lengthways, thinly sliced

1 cup bean sprouts, trimmed

1 tbsp sriracha (chilli sauce) or gochujang, to serve



Method:

1

Heat 2 teaspoons of olive oil in a medium saucepan over medium heat. Add half the garlic and cook, stirring, for 2 minutes or until fragrant. Add rice and stir to coat. Add 2½ cups water and bring to the boil. Reduce heat to medium-low and simmer, covered, for 12 minutes or until water has been absorbed. Remove from heat. Stand, covered, for 10 minutes.

2

Heat sesame oil in a large frying pan over medium-high heat. Add spinach and cook, stirring, for 2 minutes or until just wilted. Stir in half the sesame seeds and season with salt and pepper. Transfer to a bowl. Cover to keep warm.

3

Heat 2 teaspoons olive oil in same pan over high heat. Cook mince, breaking up with a

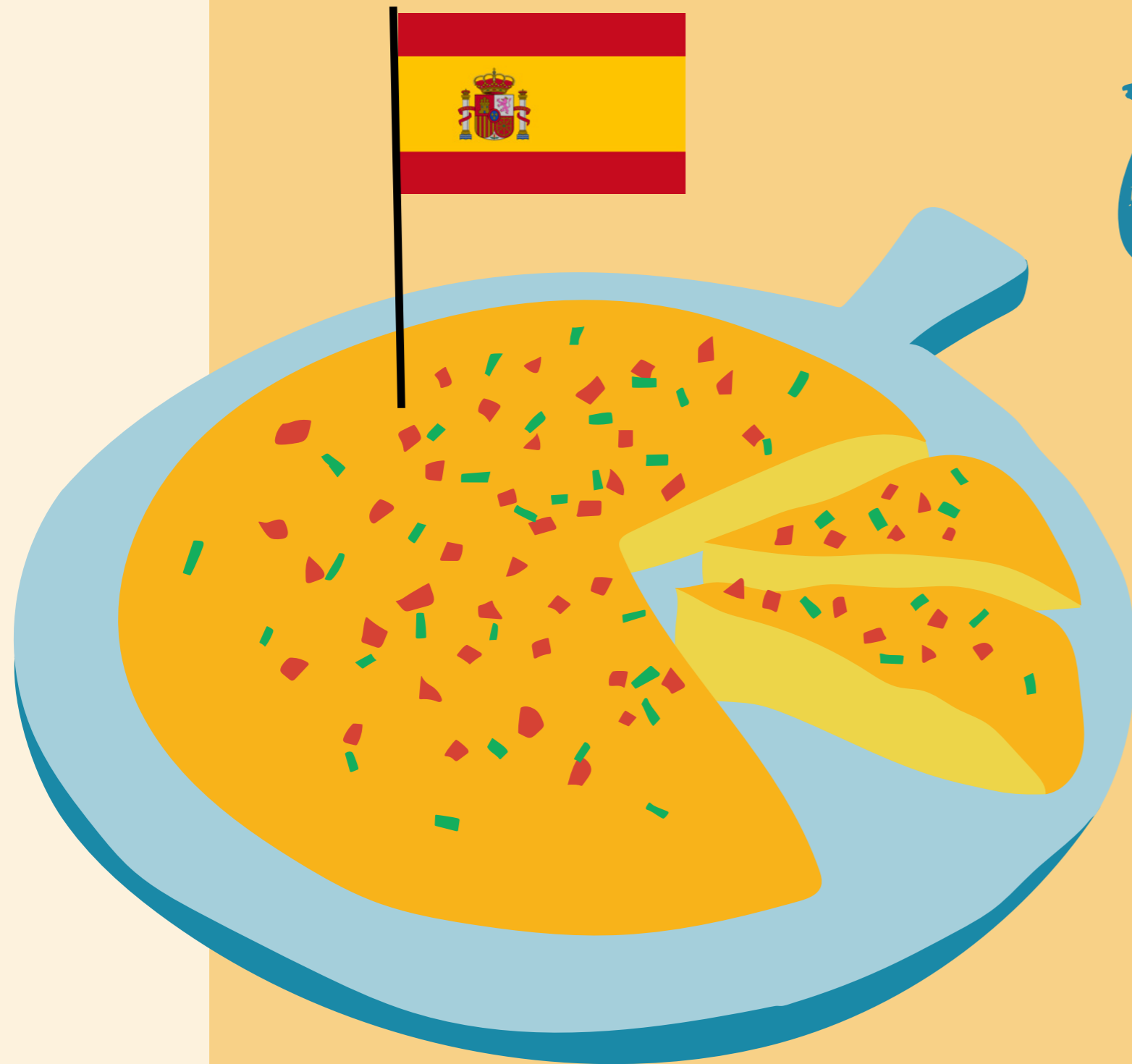
4

wooden spoon, for 5 minutes or until browned. Add ginger and remaining garlic. Cook, stirring, for 1 minute or until fragrant. Add oyster sauce, soy sauce and sugar. Cook, stirring, for 2 minutes or until beef is coated and sauces are warmed through. Transfer to a bowl. Cover to keep warm.

5

Heat remaining olive oil in same frying pan over medium-high heat. Crack eggs one at a time into hot pan. Cook for 2 minutes, until whites set and are crispy around the edges.

Divide rice among serving bowls. Arrange carrot, cucumber, sprouts, spinach and beef over rice. Top with eggs. Sprinkle with remaining sesame seeds and drizzle with sriracha sauce.



tortilla

Country: Spain

Prep Time: 20 mins

Cook Time: 25 mins

Serves: 8

Ingredients

6 eggs ●●●●●●

500g baby white-skinned potatoes, thinly sliced

1/3 cup milk

1 tbsp olive oil

1 brown onion, thinly sliced

2 chorizo sausages (250g), 1 thinly sliced and 1 very finely diced

2 garlic cloves, crushed

1 tsp mild paprika

2 tbsp finely chopped fresh chives

Method:

1

Preheat oven to 220°C/200°C fan forced.

2

Cook potato in a large saucepan of boiling water for 3-5 minutes or until just tender. Drain. Whisk eggs and milk together in a jug. Season with pepper.

3

Heat oil in a 5cm-deep, 22cm (base measurement) non-stick, ovenproof frying pan over medium-high heat. Add onion, sliced chorizo and garlic and cook, stirring, for 5 minutes or until onion softens and chorizo is crisp. Add paprika and cook, stirring, for 1 minute or until fragrant.

4

Add potato and season with salt and pepper. Stir gently to combine. Lightly press potato mixture into pan to form a slightly compact, flat top. Reduce heat to low. Pour egg mixture over potato mixture. Gently shake pan to allow egg mixture to evenly spread in pan. Cook, without stirring, for 2-3 minutes or until base and edges start to set. Transfer to oven. Cook for 8-10 minutes or until top is golden and egg is set.

5

Meanwhile, cook the finely diced chorizo in a non-stick frying pan for 3-5 minutes or until crisp.

6

Stand tortilla in pan for 5 minutes before inverting onto a serving plate. Serve scattered with chives and chorizo crumb.



tortilla

*eggs
every
day*



egg nachos

Country: Mexico

Prep Time: 20 mins

Cook Time: 15 mins

Serves: 4



Ingredients

- 4 eggs ●●●●
- 200g shredded skinless BBQ chicken
- 400g can black beans, rinsed, drained
- 2 tomatoes, diced
- 1 long fresh green chilli, finely chopped, plus extra sliced chilli, to serve
- 4 long green shallots, thinly sliced, plus extra to serve
- 150g (¾ cup) mild taco sauce, plus extra to serve
- 200g plain corn chips
- 40g (½ cup) grated cheddar cheese
- 1 avocado, thinly sliced or diced
- 2 tbsp fresh coriander leaves
- 1 tbsp lime juice, plus wedges to serve
- 125g (½ cup) sour cream



Method:

1

Preheat oven to 200°C/180°C fan-forced. Lightly spray a 2 litre (8-cup) baking dish with oil.

2

Combine chicken, black beans, tomato, chilli and shallots in a large bowl. Place corn chips in prepared dish. Top with the chicken mixture and sprinkle with the cheese. Make 4 indents in the nachos and carefully break an egg into each. Bake for 12-15 minutes or until eggs are cooked to your liking.

3

Meanwhile, combine avocado, coriander and lime juice in a bowl. Season with salt and pepper. Serve nachos topped with the avocado salsa, extra chilli, shallots, sour cream and lime wedges.

souffle pancakes

Country: Japan

Prep Time: 30 mins

Cook Time: 10 mins

Serves: 2

Ingredients

3 eggs ●●●

1 tbsp milk

1 tsp vanilla extract

¼ cup (35g) plain flour

1 tsp baking powder

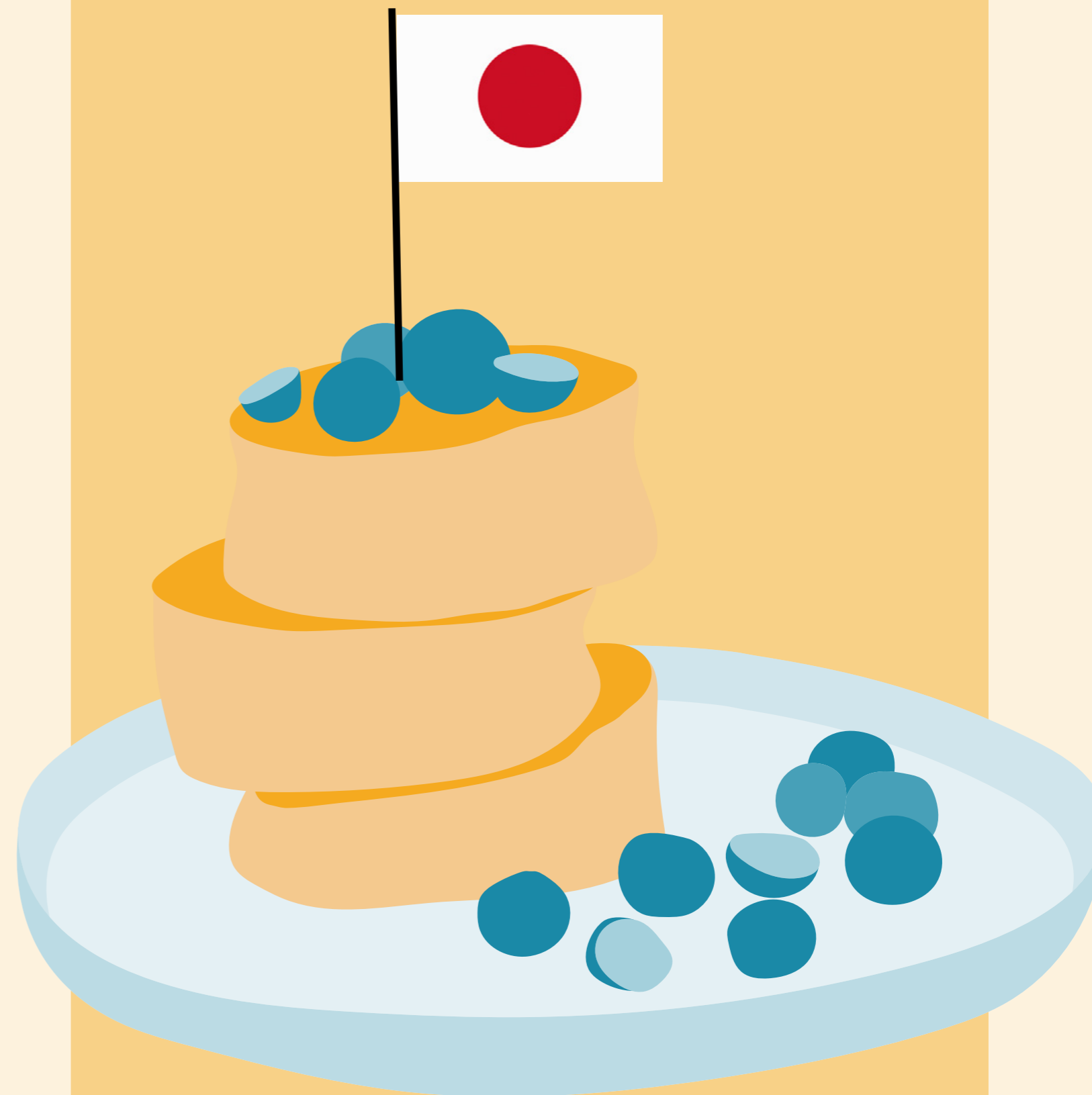
½ tsp cream of tartar

¼ cup (55g) caster sugar

Vegetable oil for greasing

Water for steaming

Icing sugar, maple syrup
and berries, to serve



Method:

1

Separate eggs and place egg whites into a large mixing bowl. Chill in refrigerator for as long as possible.

2

Meanwhile, whisk egg yolks, milk and vanilla together until thick and frothy. Sift in flour and baking powder and whisk until it forms a thick batter. Set aside.

3

Place egg whites and cream of tartar into the bowl of an electric mixer and whisk on medium speed until frothy and eggs turn a pale colour.

4

Gradually add sugar, a little at a time until egg whites become firm, glossy and form stiff peaks.

5

Whisk $\frac{1}{3}$ of the egg whites into the egg yolk mixture and mix well to loosen batter. Add remaining egg white in two batches, whisking gently to avoid over beating. Batter should be thick and airy.

6

Heat frying pan on the smallest hob over low heat for 10 minutes. This is to saturate the frying pan with even heat.

7

Brush pan and the inside of three (7cm diameter x 5cm high) metal rings with vegetable oil. Rub off excess with paper towel.



souffle pancakes

Method Cont.

8

Cooking with 2 or 3 rings at a time, spoon approx. $\frac{1}{3}$ cup of batter into each ring. Cover with lid and set timer to 2 minutes. Uncover and add 2 tsp of water into the empty spaces of the pan. Recover and cook for a further 3 minutes or until bubbles start to appear on the top.

9

Using an offset spatula or egg flip, turn pancakes over and add another 2 tsp of water to pan. Cover again and cook a further 2-3 minutes, until mixture just starts pulling away from the side of ring. Remove and transfer to serving plate and remove rings. Repeat with remaining batter.

10

Serve immediately dusted with icing sugar, maple syrup and berries.



souffle pancakes

eggstra ordinary facts



Low in calories and **packed with protein**
eggs are great before or after a workout



Eggs provide some of the **highest quantities of choline** of any food, a nutrient which essential for normal human health.



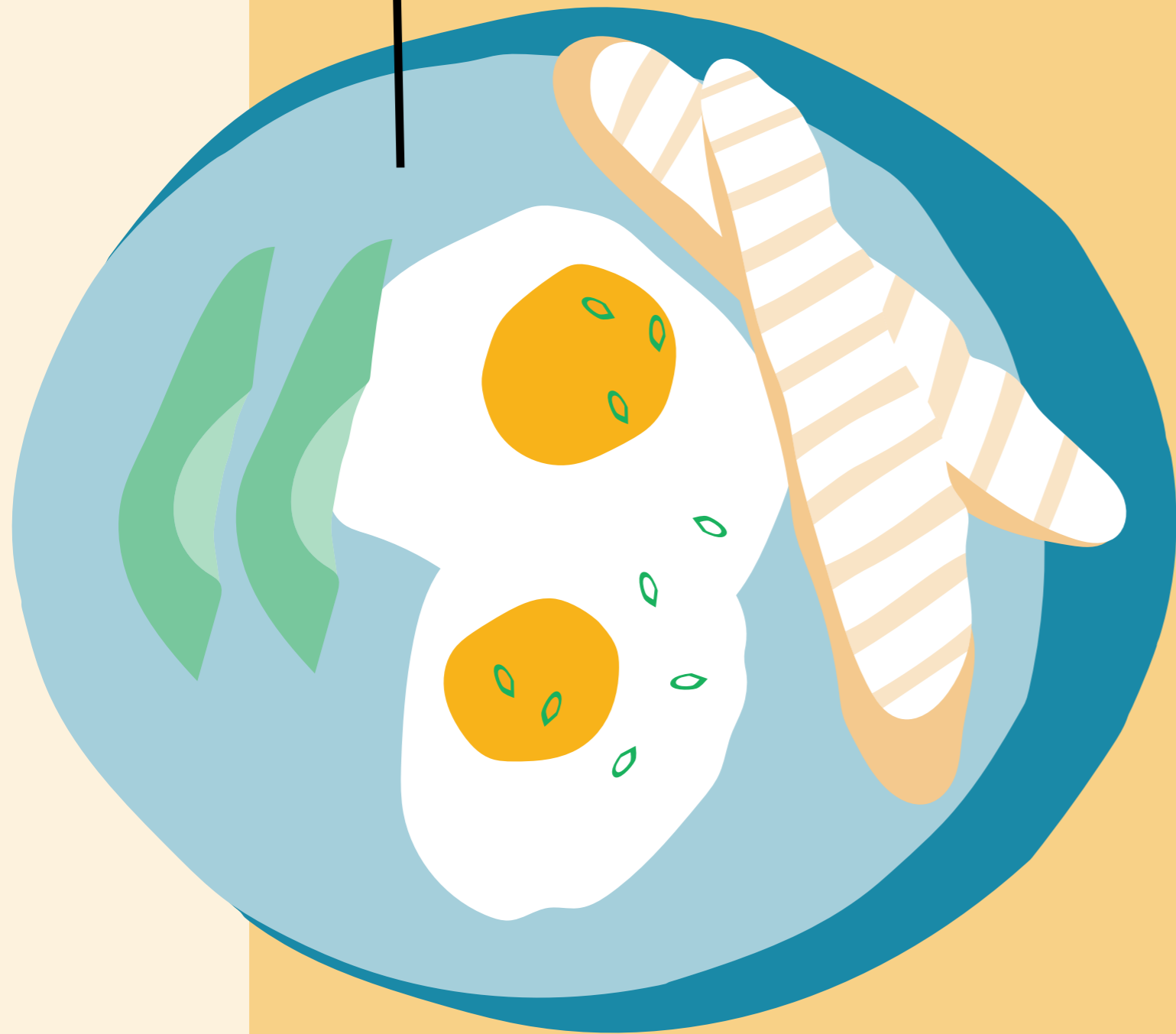
Three whole eggs can contain **similar amounts of protein** to six egg whites



Eggs contain minerals that may help boost the **sleep hormone** serotonin



Egg yolk is the perfect ingredient for a **natural hair mask**



çalbar

Country: Turkey

Prep Time: 5 mins

Cook Time: 10 mins

Serves: 2

Ingredients

4 eggs ●●●●

350g plain Greek yoghurt

2 spring onions, thinly sliced

1 tbsp chilli flakes

½ tsp Himalayan salt flakes

2 large slices of sourdough

2 tbsp extra virgin olive or avocado oil

Sprinkle of paprika

Fresh coriander, finely chopped

Black pepper



Method:

1

Mix together the yoghurt, spring onions, chilli and coriander.

2

Poach the eggs and toast the sourdough to your liking.

3

Divide the yoghurt between 4 bowls.

4

Finish with a drizzle with olive oil, pepper and paprika. Top with fresh coriander.

spiced lamb and baba ghanoush

Country: Lebanon

Prep Time: 20 mins

Cook Time: 55 mins Serves: 4

Ingredients

BABA GHANOUSH

2 (600g) medium eggplants
1 clove garlic, crushed
1 tbsp tahini
¼ cup (60ml) lemon juice
2 tbsp olive oil, plus
extra to oil baking tray

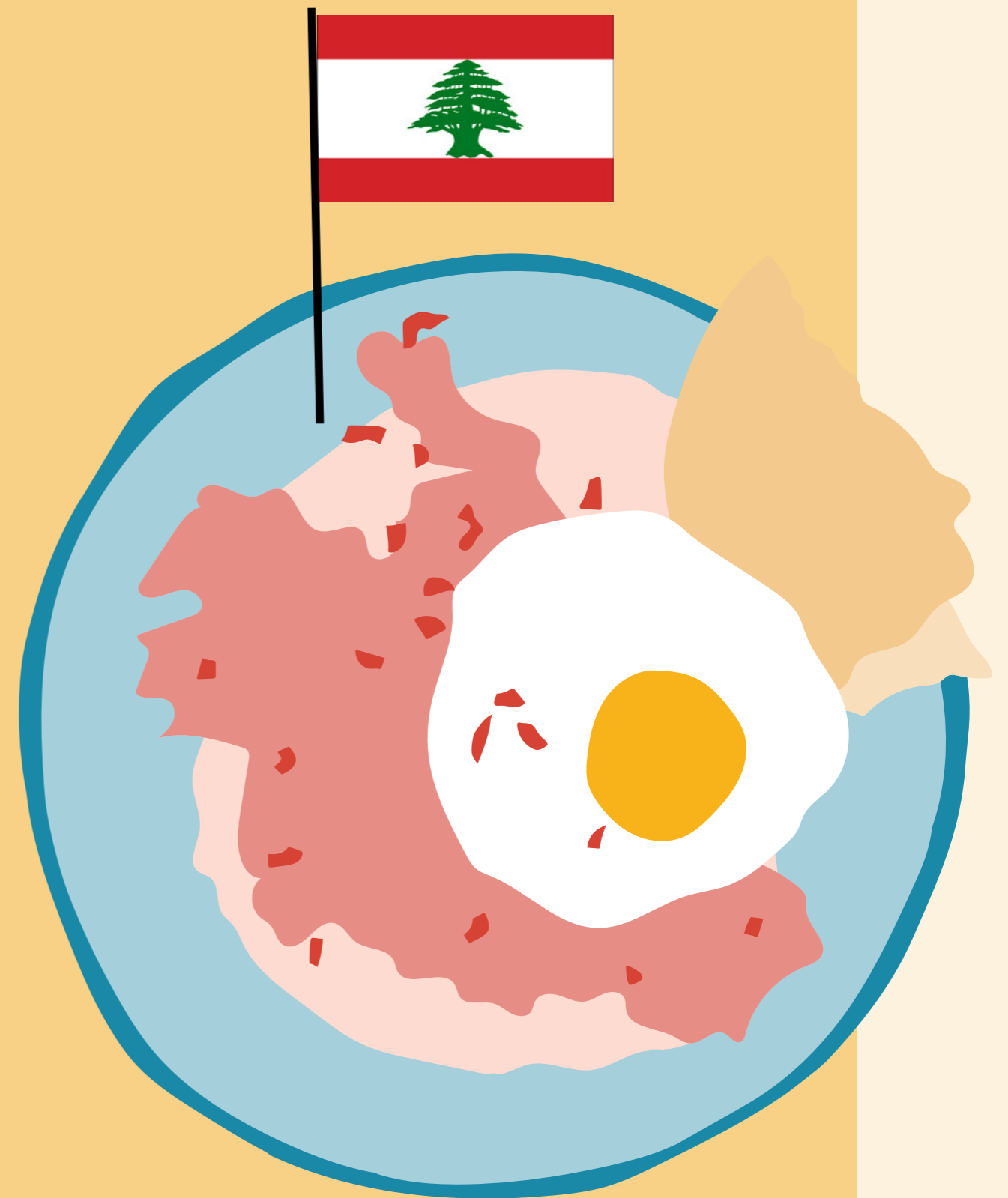
SPICED LAMB

4 eggs ●●●●
2 tbsp olive oil
1 brown onion, finely chopped
2 cloves garlic, crushed
500g lamb mince
½ tsp ground cinnamon
2 tsp ground cumin
2 tsp ground coriander
1 tsp salt

1 fresh long red chilli,
thinly sliced
2 tbsp honey
1 lemon
¼ cup small fresh mint leaves

TO SERVE

Warmed flatbread and
lemon wedges, to serve



Method:

1

BABA GHANOUSH

Preheat oven to 220°C/200°C fan-forced.

2

Pierce eggplants all over with fork. Place on an oiled baking tray. Roast, turning occasionally, for 40 minutes or until eggplant is soft. Stand for 10 minutes. Halve eggplant. Scoop out flesh and discard skin.

3

Place eggplant flesh in a food processor with crushed garlic, tahini, juice and oil. Process until almost smooth. Season to taste. Set aside.

4

SPICED MINCED LAMB

Heat half the oil in a large frying pan over medium-high heat. Cook onion and garlic, stirring, for 5 minutes or until softened.

5

Add lamb, spices, salt and half the chilli. Cook, stirring for 10 minutes or until lamb is browned and cooked.

6

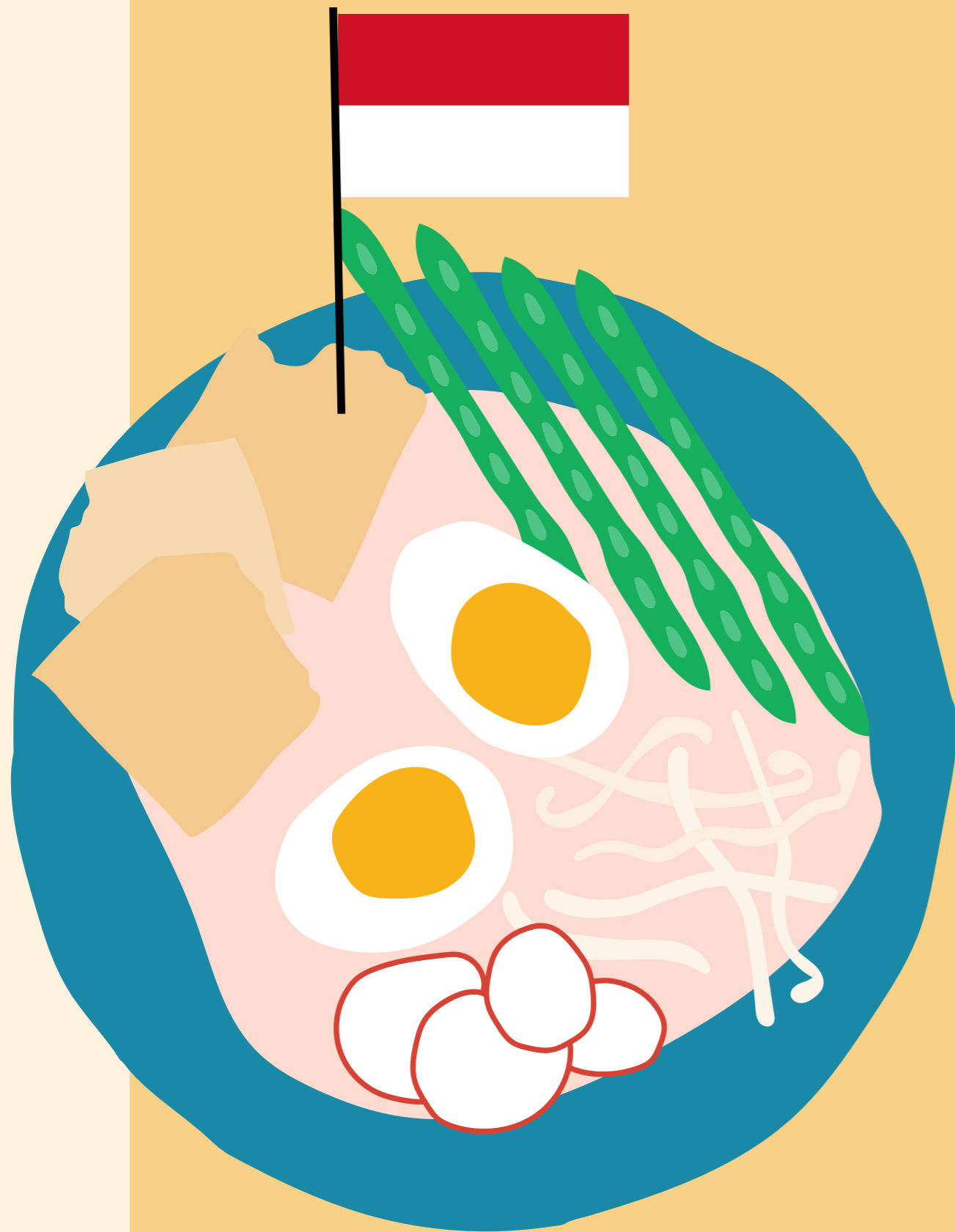
Meanwhile, heat remaining oil in a medium frying pan over medium-high heat. Crack eggs into the pan and cook for 3 minutes, sunny side up.

7

Spread baba ghanoush over base of a serving platter. Spoon over lamb mixture. Top with eggs, mint and remaining chilli. Serve with warmed flat bread, garden salad and lemon wedges.



Spiced lamb and baba ghanoush



gado gado

Country: Indonesia

Prep Time: 20 mins

Cook Time: 30 mins

Serves: 4

Ingredients

PEANUT SAUCE (MAKES 1 ½ CUPS)

- 1 cup (260g) crunchy peanut butter
- 270ml can coconut milk
- 2 tbsp kecap manis
- 1 clove garlic, crushed
- 1-2 tsp sambal oelek
- 1 tsp salt
- 1 tbsp lime juice

SALAD

- 4 eggs ●●●●
- 4 (250g) baby chat potatoes, halved
- 150g green beans, tailed
- 1 tbsp vegetable oil
- 200g firm tofu, cut into thick slices
- 1 cup (50g) bean sprouts
- 1 Lebanese cucumber, sliced diagonally
- ¼ small (250g) red cabbage, finely shaved
- 2 red radishes, thinly sliced
- Garnish with chopped peanuts and serve with lime wedges and prawn crackers (optional)

1

SALAD

Place eggs in a large saucepan and just cover with water. Bring to a boil over high heat; once the water reaches a rolling boil cook for another 6 minutes. Use a slotted spoon to remove eggs. Plunge immediately into a bowl of ice-cold water or run under cold water until cool enough to handle. Peel and refrigerate.

2

Place potatoes into same saucepan and add more water to cover. Cook for 15 min or until tender. In the last 3 minutes of cooking, add beans.

3

Drain and refresh with cold water. Set aside. Heat half the oil in a non-stick frying pan over medium high heat.

4

Pat dry tofu and cook 1 minute each side or until golden and crisp. Drain on paper towel. Arrange potatoes, green beans, tofu, sprouts, cucumber, red cabbage and radish onto a large platter.

5

Drizzle over some of the peanut sauce and serve the remaining in a bowl. Garnish with chopped peanuts and serve with lime wedges and prawn crackers.

6

PEANUT SAUCE

Place peanut butter and coconut milk into a saucepan and heat over low heat until smooth and well combined. Stir in remaining ingredients and heat for 1 minute. Add to salad.



gado gado

love cake

Country: Iran


Prep Time: 35 mins

Cook Time: 55 mins

Serves: 10-12

Ingredients

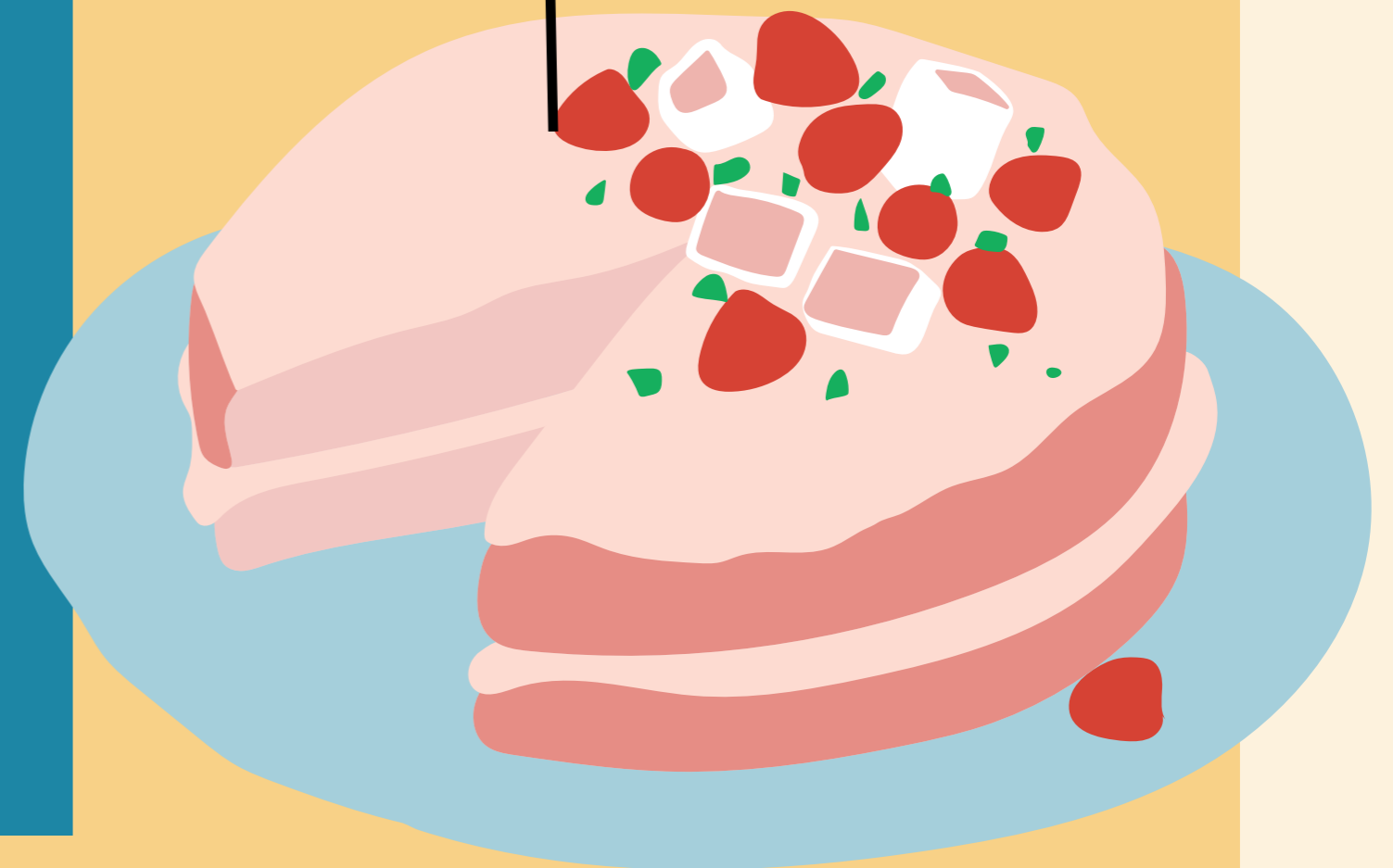
CAKE

- 6 eggs 
- 2 cups (240g) almond meal
- ¾ cup (110g) self-raising flour
- 300g butter, at room temperature
- 1 ¼ cups (275g) firmly packed brown sugar
- 2 tsp vanilla extract
- 1 ¼ tsp ground cinnamon
- 1 ¼ tsp ground ginger
- 1 tsp ground cardamom

- 2 tsp rosewater
- Turkish delight, pistachios, raspberries, gold leaf and dried rose petals, to decorate

ROSEWATER BUTTERCREAM

- 250g butter, softened, room temperature
- 500g icing sugar mixture
- 1 tsp vanilla extract
- 3 tsp rosewater, or to taste
- 1 tbsp milk
- Pink food colouring, to tint



Method:

1

Preheat oven to 180°C/160°C fan-forced. Grease a round 22cm diameter cake pan. Line base and sides with baking paper. Combine almond meal and flour in a bowl and set aside.

2

Using an electric mixer, beat butter, sugar, vanilla, cinnamon, ginger, cardamom and rosewater in a large bowl until pale and creamy. Add eggs, 1 at a time, beating after each addition. Fold in almond meal mixture until combined.

3

Spoon mixture into prepared pan. Smooth surface. Bake for 50-55 minutes or until a skewer inserted into the centre of the cake comes out clean. Set aside in pan for 10 minutes to cool before turning onto a wire rack to cool completely.

4

Meanwhile, using an electric mixer, beat butter in a bowl until pale and creamy. Gradually add icing sugar mixture, beating constantly until combined. Add vanilla and rosewater. Tint pale pink with colouring. Beat until combined.

5

Cut cake in half horizontally. Place cake base on a serving plate. Pipe or spread over half the buttercream. Top with cake top. Pipe or spread with remaining buttercream. Decorate with Turkish delight, pistachios, raspberries, gold leaf and dried rose petals. Serve.



love cake

*have a
guess*

**Eggs are a great kitchen
staple. Great for your body
AND your wallet!**

How much will a serve of eggs cost?
Click the wallet to find out.

**LESS
THAN
\$1!**



custard tarts

Country: Portugal Prep Time: 20 mins + chilling Cook Time: 25 mins Serves: 18

Ingredients

CUSTARD FILLING

- 6 egg yolks ●●●●●●
- 300ml pure cream
- 300ml milk
- 2 tbsp cornflour (see tip)
- 1 tsp vanilla bean paste
- 75g (1/3 cup) caster sugar
- 2 tsp finely grated lemon zest
- 1/2 tsp ground cinnamon

PASTRY

- 2 sheets puff pastry, just thawed



Method:

1

CUSTARD

Combine cream and milk in a medium saucepan over medium heat and bring to just a simmer.

2

Meanwhile, whisk yolks, cornflour, vanilla and sugar together in a large heatproof bowl. Gradually whisk in the hot cream mixture until smooth.

TIP: To create a slightly thinner, Anglaise-style custard, simply reduce cornflour to 1 tbsp.

3

Return mixture to cleaned saucepan and place over low heat. Cook, stirring constantly, until custard thickens and thickly coats the back of a spoon.

4

Transfer to a glass bowl and cover surface with plastic wrap (to prevent a skin from forming). Set aside to cool then refrigerate for up to 3 days.

5

ASSEMBLING THE TARTS

Preheat oven to 210°C/190°C fan-forced. Lightly spray 18 holes of two 12-hole, ⅓ cup (80ml) capacity muffin tins with oil.

6

Cut each pastry sheet in half to form 2 long rectangles and place on top of each other to make 2 stacks. Starting from long side, roll up each pastry stack to form a log. Cut each log into 9 slices.



Method Cont.

7

Flatten each pastry disc out in the palm of your hand with your fingers until about 3mm thick. Press the pastry into the prepared muffin moulds and chill for 20 minutes (this helps to prevent pastry shrinkage).

8

Stir lemon zest and cinnamon into custard. Spoon custard into pastry cases. Bake for 20-25 minutes or until custard is golden and pastry is golden and crisp. Set aside in tin for 5 minutes before transferring to a wire rack. Best served warm.

custard tarts

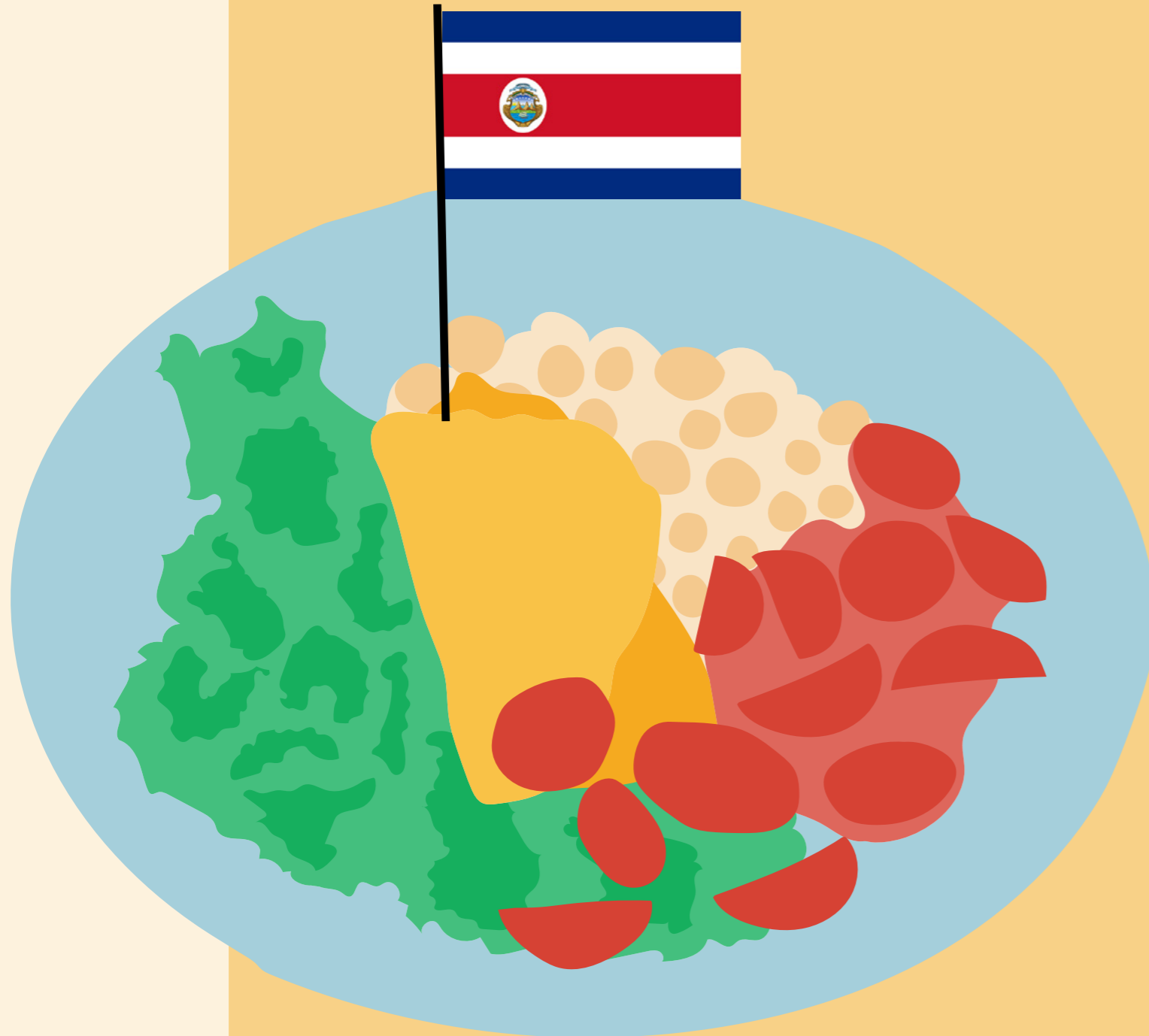
healthy gallo pinto

Country: Costa Rica

Prep Time: 10 mins

Cook Time: 10 mins

Serves: 2



Ingredients

4 large eggs ●●●●

1 tbsp olive oil

1 clove garlic

½ teaspoon cumin seeds

½ tsp smoked paprika

½ can chickpeas (rinsed)

1 cup cherry tomatoes

¼ bunch fresh herbs

¼ cup green leaves

1 lime

Method:

1

Cook the garlic and cumin in olive oil over a medium heat until fragrant. Stir in the chickpeas, cooking for 5 minutes.

2

Meanwhile, make a salsa by quartering the tomato and mixing with half the lime juice and fresh herbs. Season with salt and pepper.

3

Finely slice the spring onions and add into the beans along with the paprika, stir and cook for 2 more minutes.

4

Separately, whisk the egg, season well, and cook in a non-stick frypan over low-medium heat for a few minutes or to your liking.

5


Serve the crispy chickpeas with a few spinach or kale leaves, topped with egg and salsa. Squeeze over remaining lime and enjoy.



healthy gallo pinto



For more information contact Australian Eggs

 contacts@australianeggs.org.au

 /Australian Eggs

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