

# eggscetera

American Egg Board Foodservice Newsletter

Spring 2007

## Start Spreading the News

According to the results of a recent National Restaurant Association/American Culinary Federation study, eggs were a perennial favorite of 34% of the chefs surveyed. American Egg Board has appointed a group of three chefs, the *Eggscellent* Chef Ambassadors, to develop original, trend-setting recipes for eggs. As the good news about eggs continues to grow, why not consider one of these recipes for your menu? Customers have heard the news about nature's own miracle food – the egg and are *eggcited* to try egg-rich specials. May is National Egg Month, the perfect time to kick it up by adding new egg dishes to your menu.

Eggs are a nutrient-dense food containing the highest quality protein available. Eggs are also an economical menu choice which allow foodservice operators to increase profit margins while also increasing

their menus. Trend-setting chefs know that eggs equal many menu opportunities.

In this issue, egg ambassador and executive chef-owner Jennifer Jasinski of Rioja in Denver is featured. Jasinski has been named Best New Chef, Rising Star, and more according to *Restaurant Hospitality*, *Nations's Restaurant News*, and other publications. Chef Jasinski was named 2004 Colorado Chef of the Year and 2005 Western Regional Chef of the Year by the American Culinary Federation. And, Rioja has been listed among the top restaurants in Denver by many publications.



Prior to opening her own restaurant, Jasinski held positions in the Puck organization in San Francisco, Las Vegas, Chicago, Malibu, and Denver. After working with  
*(cont. on pg. 4)*

A set of six original recipes developed by American Egg Board's *Eggscellent* Chef Ambassadors is available by completing the coupon below and mailing it to the indicated address. Or, simply send an email to: [aeb@aeb.org](mailto:aeb@aeb.org). These recipes show the versatility of eggs in adding flavor and style to your menu.



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# Recipe Corner

## Salad Lyonnaise

Ingredients	Weight	Measure
Dijon mustard	---	1/2 cup
Whole grain mustard	---	1/4 cup
Red wine vinegar	---	1/3 cup
Shallots, minced	1 oz.	1/4 cup
Olive oil	12 oz.	1 -1/2 cups
Fresh thyme, chopped	---	1 Tbsp.
Fresh oregano, chopped	---	1 Tbsp.
Parsley, chopped	---	1 Tbsp.
Salt and pepper	---	To taste
Sugar	---	To taste
Yukon gold potatoes	3 lb.	6 medium
Olive oil	---	1/3 cup
Parsley, chopped	---	1/4 cup
Eggs	---	12 large
Vinegar	---	As needed
Thick-sliced bacon, cut in 1-inch pieces	1 lb. 8 oz.	24 slices
Frissee lettuce, cored and trimmed	1 lb. 8 oz.	6 heads
Red onion, halved, then thinly sliced	10 oz.	2 small
Italian parsley, stems removed	---	2 bunches

### Method

1. Prepare vinaigrette: In bowl, blend mustards, red wine vinegar, and shallots; whisk in olive oil, pouring slowly, until thick. Stir in herbs. Season to taste with salt, pepper, and sugar. Cover and refrigerate.
2. Prepare potatoes: Peel and slice potatoes in 1/4-inch thick rounds. Cook potatoes in water just until tender; drain. Cool on tray, then drizzle with 1/3 cup olive oil and 1/4 cup parsley.
3. Prepare plates: Place 4 to 5 potato slices in a circle on each luncheon plate. Drizzle 1 oz. (2 tablespoons) vinaigrette over potatoes.
4. Poach eggs in acidified water (1 teaspoon vinegar per quart of water) until whites are set (completely coagulated and firm) and yolks begin to thicken (no longer runny, but not hard); keep warm.
5. Cook bacon until crisp; pour off half of the drippings. Remove from heat and quickly add frissee, red onion, and parsley; toss just until bacon drippings wilt the frissee. Drizzle on about 3/4 cup vinaigrette.
6. Portion about 1/2 cup wilted lettuce over potatoes on each plate. Top with a poached egg. Serve immediately.

# Recipe Corner cont.

## Potato Galette With Scrambled Eggs and Salmon

### Ingredients

### Weight

### Measure

Sour cream	1 lb.	2 cups
Shallots, minced	----	2 Tbsp.
Lemon juice	----	2 Tbsp.
Fresh dill, chopped	----	3 Tbsp.
Salt and Pepper	----	To taste
Fresh or frozen potato shreds or shoestring-style	6 lb.	----
Butter, melted	12 oz.	----
Olive oil	6 oz.	----
Eggs	4 lb.*	36 large
Butter	3 oz.	6 Tbsp.
Salt and Pepper	To taste	----
Cold-smoked salmon, thinly sliced	1 lb. 8 oz.	----
Chives, chopped	1/4 cup	----
Edible flowers, if desired	----	As needed

1. Prepare dill cream: Blend sour cream, shallots, lemon juice, and dill. Season to taste with salt and pepper. Cover and refrigerate.
2. Prepare galettes: For each serving, drizzle 8 oz. potatoes with 2 tablespoons (1 oz.) melted butter and season to taste with salt and pepper.
3. Heat a small (6 to 7-inch) non-stick pan with 1 tablespoon olive oil over medium heat. Add potatoes, press with spatula to flatten; cook until browned. Flip potato cake over (or into another pan); flatten cake and continue cooking until potato is crispy and browned. Drain excess oil on paper towel or rack, then keep warm in oven.
4. For each serving, scramble 3 eggs (3/4) cup in 1/2 tablespoon butter in non-stick skillet until firm throughout with no visible liquid egg remaining. Keep warm. Season with salt and pepper.
5. Spread warmed galette with 3 tablespoons dill cream. Layer on 2 oz. salmon, eggs, and 1 teaspoon chives. Garnish with edible flowers, if desired. Serve immediately.

\* If using frozen or liquid whole egg product.

Note: Do not let uncooked egg mixture remain at room temperature for longer than one hour (including preparation and service time.)

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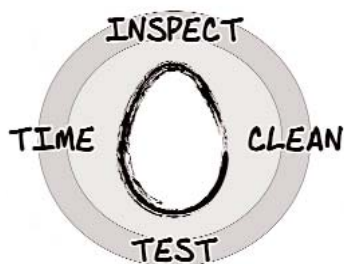
## Start Spreading the News continued from page 1

Wolfgang Puck and his company for 10 years, Chef Jasinski opened Rioja in Denver in 2004. The Mediterranean-inspired restaurant features fresh, local ingredients, simple flavor combinations and bright, balanced preparations. A number of unique egg items are featured by Jasinski at brunch and other day parts.

During May, National Egg Month, why not add one of the *eggscellent* featured recipes developed by Chef Jasinski to your menu? Featured in this issue are recipes for Salad Lyonnaise and Salmon Galette. For a complete set of recipes developed by American Egg Board's *Eggscellent* Chef Ambassadors, see coupon on page 1.

## Egg Safety Tips

### Inspecting



- \* *Only accept shell eggs delivered under refrigeration at a temperature of 45°F or below.*
- \* *Inspect eggs for quality and any possible damage.*
- \* *Move shell eggs immediately to cooler, which should always be kept at 45°F or below. Do not freeze shell eggs.*
- \* *Monitor cooler temperature and correct temperature settings when necessary.*

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The Incredible Chick Egg