

WEST COAST CAULIFLOWER KEDGEREE



INGREDIENTS

SERVINGS 6

CALORIES 179 per serving

PREP TIME 30 MINUTES

COOK TIME 15 MINUTES

TOTAL TIME 45 MINUTES

4 large BC eggs, hardboiled, cooled

1 large head of cauliflower

2 tablespoons of avocado oil, or canola oil

1 medium onion, diced small

3 cloves of garlic, minced

2 teaspoons grated fresh ginger

3 teaspoons curry powder

2 teaspoons salt

1 teaspoon ground turmeric

1/2 teaspoon ground pepper

1 cup frozen peas

175 grams smoked salmon, broken into bite sized chunks

Chopped fresh parsley, for garnish

Lemon wedges, for serving

INSTRUCTIONS

1. Peel the hardboiled eggs and cut them into quarters. Set aside.
2. Rice the cauliflower by grating the florets with a cheese grater, or by pulsing in a food processor to transform into rice looking granules, about 6 cups. Set aside.
3. Heat a large skillet over medium heat. Add the oil, then the onion, garlic, ginger, curry powder, salt, turmeric and pepper. Stir to combine and cook until soft and fragrant, approximately 2 to 3 minutes, stirring occasionally.
4. Stir in the frozen peas and cook for another minute.
5. Turn the heat to medium-high and add the reserved cauliflower rice from step 2. Cook while stirring constantly for approximately 3 to 4 minutes. It is important to use a large skillet over higher heat so that the cauliflower granules stay more separate and don't become mushy (the larger pan and higher heat will evaporate any moisture that comes out of the cauliflower).
6. Turn off the heat and stir in the chunks of smoked salmon. Portion into dishes while garnishing equally with the quartered eggs and some parsley. Serve with lemon wedges.

Makes 7 cups

Recipe Created by

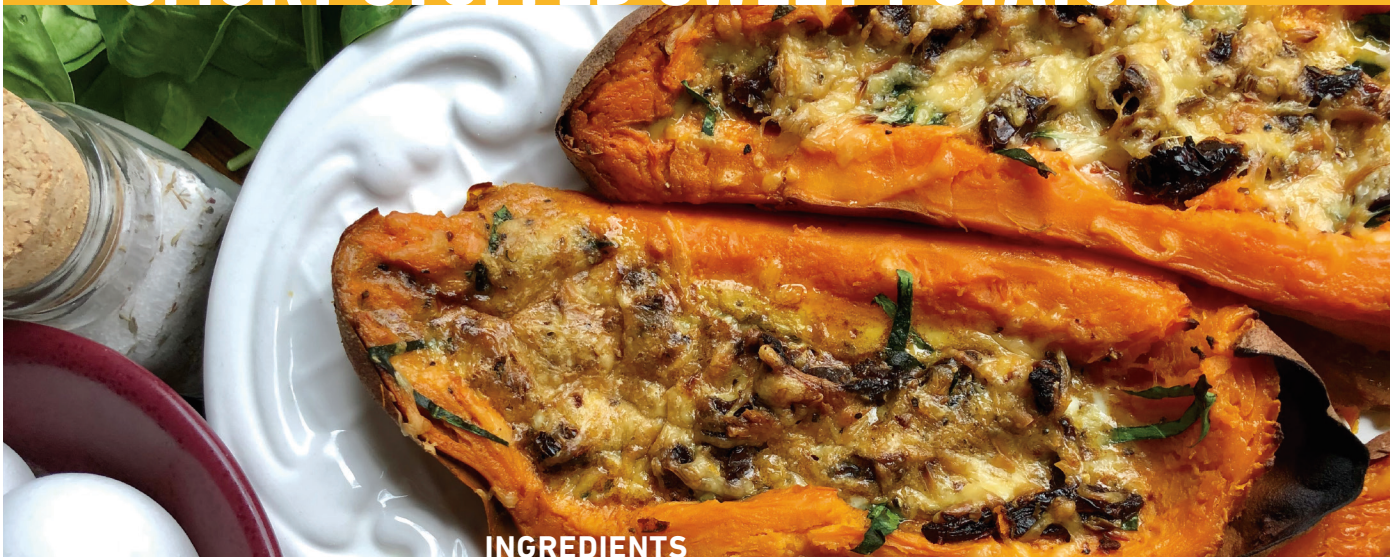
Chef Dez, Corporate Chef of BC Egg

A Kedgeree is a curried rice dish from the UK and is classically made with smoked haddock and boiled eggs. We have replaced the traditional rice, with cauliflower rice and used smoked salmon instead of the haddock.

Full recipe available at
www.bcegg.com



SMOKY STUFFED SWEET POTATOES



INGREDIENTS

SERVINGS	4 large or 8 sides	2 large orange sweet potatoes, approximately 800g each, baked and cooled	1.5 tablespoons milk
CALORIES	530kcal or 265kcal	10 fresh spinach leaves, chopped	1.5 teaspoons sweet smoked paprika
PREP TIME	10 minutes	1/4 cup sliced sun-dried tomatoes, packed in oil, drained	1.5 teaspoons salt
COOK TIME	22 minutes	1/2 cup finely grated smoked gouda, divided into 2 parts	1/2 teaspoon pepper
RESTING TIME	10 minutes		
TOTAL TIME	42 minutes	4 large BC eggs	

INSTRUCTIONS

1. Preheat oven to 375 degrees.
2. Cut the cold sweet potatoes in half lengthwise and carefully scoop out the centers, leaving approximately a 1/2-inch border of sweet potato around the edges and bottoms. Be careful not to scoop all the way down to the skin otherwise your potato will not hold the egg mixture like a vessel. Place them on a parchment lined baking sheet.
3. In each of the 4 prepared halves, divide and sprinkle equal amounts of the spinach, sun-dried tomatoes, and 1/4 cup of the smoked gouda.
4. In a medium bowl, whisk the eggs, milk, smoked paprika, salt, and pepper thoroughly together.
5. Carefully ladle this egg mixture into the prepared halves of sweet potato.
6. Sprinkle the remaining 1/4 cup smoked gouda over the filled halves.
7. Bake for 15 to 20 minutes until the egg mixture has set.
8. Turn the oven to broil, and place under the broiler until just browned a bit, 1 to 2 minutes.
9. Let cool for about 10 to 20 minutes before serving.

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Chef Dez, Corporate Chef of BC Egg

Orange fleshed sweet potatoes are packed full of nutrition just like BC Eggs! Pairing them together with smoked gouda and sweet smoked paprika makes this dish extra delicious.

Full recipe available at
www.bcegg.com



WEST COAST SCOTCH EGGS



INGREDIENTS

SERVINGS 8

PREP TIME 1 HOUR

COOK TIME 25 MINUTES

8 medium eggs
350 g salmon (3/4 lb) any variety
10 allspice berries
1/2 tsp nutmeg freshly grated
2 tsp yellow mustard seeds
1 bay leaf
1/2 tsp salt
60 g shallots chopped (1/2 cup)
1/2 cup cream
150 g cooked rice (1.5 cups)
20 g flat leaf parsley (~1/4 cup)
minced

Coating

3 medium eggs
flour (~1/4 cup)
1 cup fine dried bread crumbs
toasted

To Serve

cheese
cornichons
pickled onions
hot mustard
chutney
mayonnaise

INSTRUCTIONS

Prep

1. Remove the skin and any pin bones from the salmon .
2. Combine the allspice, nutmeg, mustard seeds, bay leaf, and salt in a spice grinder or mortar and pestle. Grind to a powder.
3. Combine the salmon, spice mix, and chopped shallots in a food processor. Puree, then add cream and blend again. The mixture should be smooth and even when finished. Fold in the cooked rice and chopped parsley, mixing evenly. Set aside.
4. Bring a large pot of water to a boil. Add the eggs and reduce the heat to a low simmer. Cook the eggs for 8 minutes (9-10 if using large eggs). While the eggs are cooking, fill a large bowl with cold water and some ice cubes. When the eggs are finished, transfer them to the cold water immediately.
5. Peel the cooked eggs and set them aside.
4. Carefully roll the salmon-covered egg in flour, then in the beaten eggs. Allow the excess egg to drip off, then roll the ball in the breadcrumbs. Repeat the egg and breadcrumb steps, then set the egg aside (ideally on a rack, as a plate may stick a little). Repeat this process for all the remaining eggs.
5. Place the eggs in the oven, ideally on a mesh or wire rack, as this will allow them to bake evenly. Bake for 10-12 minutes, or until the salmon is cooked through and the breadcrumb crust is golden. Remove and allow to cool. If you don't have a rack to cook the eggs, carefully place them on a baking tray and turn them once halfway through the baking process.
6. Serve with pickles, cheese, preserves, crusty bread, hot mustard, mayo, or other 'ploughman's lunch' style accompaniments. The finished Scotch eggs can be served warm or cool.

Assembly

1. Preheat your oven to 375 F.
2. Place the flour, 3 eggs (the raw ones, not the boiled ones), and breadcrumbs in three shallow dishes. Use a fork to thoroughly whisk the eggs.
3. Lightly oil your hands with vegetable or olive oil, then take a ball of the salmon 'sausage' mixture (about the same size as an egg) and flatten it slightly in the palm of your hand. Place a boiled egg in the center, then carefully and evenly press the sausage around the egg so that the egg is evenly encased in salmon. The mixture should be fairly thin - if it's too thick, remove some and press again to fill the space in. If you have any bare patches, add a bit more salmon to the mixture.

Recipe Notes

Bread Crumbs - to make your own bread crumbs, follow these steps:

1. Toast 6 slices of bread (ideally day old bread).
2. Place the toasted bread in a low oven and toast/dry out further.
3. Add the toasted bread to a food processor and break down into crumbs. If these crumbs are still a bit moist, return them to the oven and toast again until lightly browned and very dry.
4. Add to the food processor (or spice grinder) and process until the crumbs are fine and even.

You can buy bread crumbs too, as long as they're good and dry. If they're particularly coarse, run them through a food processor or spice grinder to make a finer mix. The crumbs themselves can be toasted on a pan in the oven.

Full recipe available at www.diversivore.com www.bcegg.com

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