Taylor Whisk's

Happy Eggventures RECIPE BOOKLET

A natural source of goodness

the happy egg co.

Kitchen SAFETY Tips from Taylor Whisk

BEFORE YOU START MAKE SURE...

- You never do any cooking without the help of an adult!
- Your hands are clean – wash them with soap or hand wash to kill any germs.
- Your apron is on.
- Your hair is away from your face or tied back.
- Your equipment is clean, and you have scrubbed down any surfaces with an antibacterial cleaner.
- If you have any cuts you have covered them with a special blue plaster.

KITCHEN HYGIENE TIPS

Even if you've already washed your hands, you must wash your hands again if you...

- blow your nose.
- cough or sneeze into your hands.
- touch your hair, any cuts or any spots.

KITCHEN SAFETY DOS AND DON'TS

- Always ask an adult to help you use equipment safely and don't do anything without an adult.
- Never leave wires from electrical equipment hanging down - someone could accidently pull on them and injure themselves.
- Never leave boiling or hot water in a kettle or in a pan – in case it gets spilt.
- Always ask an adult to help you choose a knife and chop the food.
- Never leave knives in soapy water – if someone puts their hands in the water they might cut themselves.
- Never leave knives lying around, never walk around holding a knife and never, ever play around with knives - you may cut yourself or others.
- Always make sure there is nothing next to the hob that could catch fire.
- Always check that the gas is turned off after cooking.
- Never, ever run in the kitchen.
- Never leave pan handles sticking out when using the hob – someone could knock into them and get burnt.
- Always ask an adult when you want to put food in and take food out of a hot oven and always remember to use oven gloves.
- Always remember to tidy up as you go along – a messy kitchen is a dangerous kitchen!

HAM, CHEESE & SPINACH MUFFINS

Servings: 12 muffins

Duration: 40 minutes

Ingredients

- 250g grated cheese
- 250g of self raising flour
- 2 Happy Eggs
- 350ml of milk
- 50g of chopped high quality ham
- Large handful of baby spinach
- Sprinkle of mixed herbs (optional)

Method

1. Preheat oven to 180°C (356°F).
2. Sift flour into a large bowl.
3. In a separate bowl, whisk the Happy Eggs, then chop the spinach and ham.
4. Make a well in the flour, add the whisked egg and the rest of the ingredients to the flour. Mix until combined. Add the herbs to the mixture (optional).
5. Spoon the mixture into a greased 12 hole muffin tray and bake for 25 minutes or until the tops are golden brown. Once cooked, serve immediately.

CARROT STARS

Servings: 14 stars

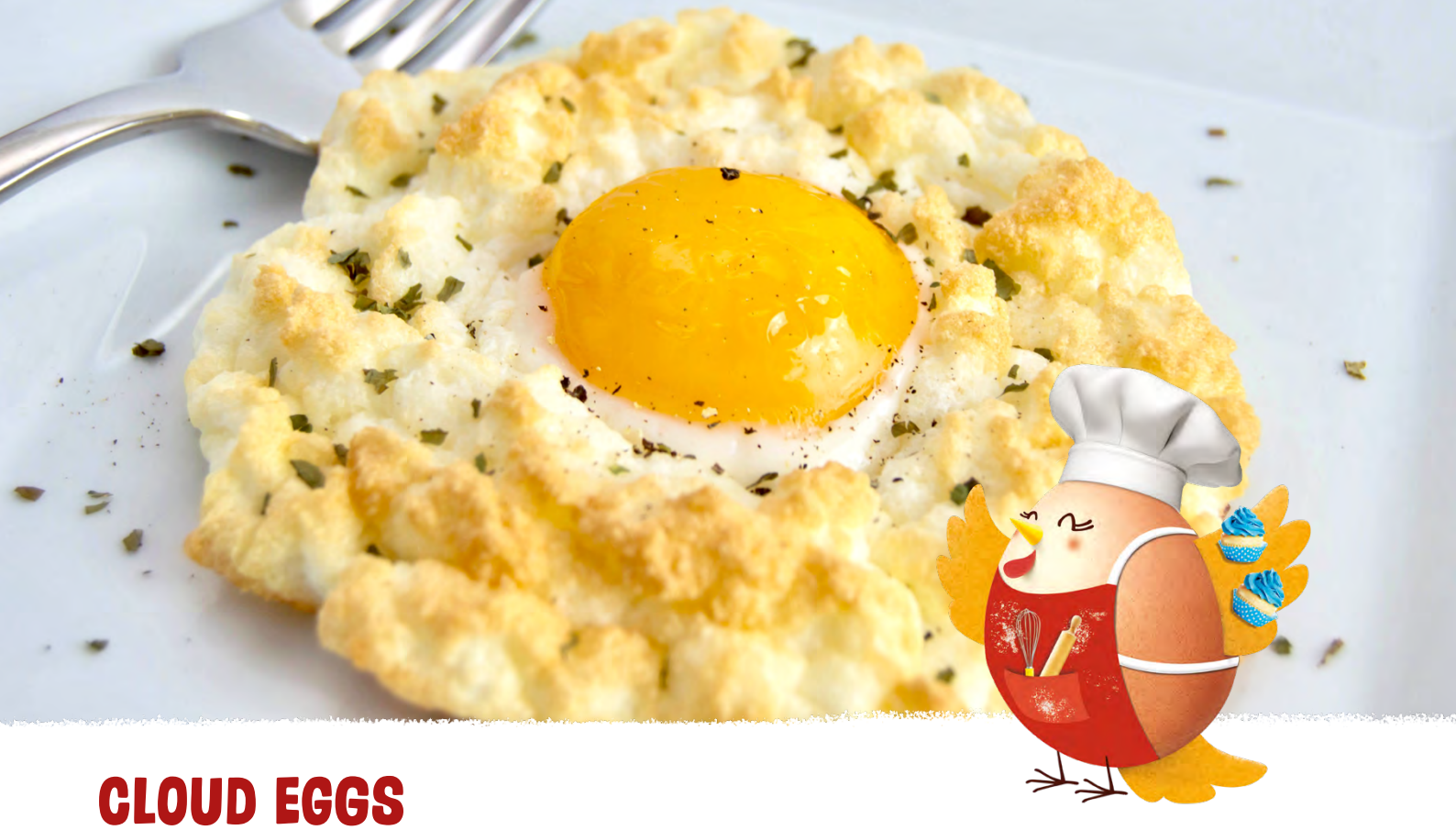
Duration: 20 minutes

Ingredients

- 200g grated carrots
- 100ml water
- 70g grated cheddar cheese
- 2 Happy Eggs
- 4 tbsp oat flour

Method

1. Pre heat oven to 180C / 350F / Gas 4.
2. Mix the grated carrot and water in a bowl, cover and microwave on high for 3 mins.
3. Drain the carrots and then place them on some absorbent kitchen paper and squeeze out the liquid (the carrots need to be quite dry).
4. Place the carrots back in the bowl. Whisk the eggs and add to the carrot bowl. Mix in the remaining ingredients.
5. Prepare a baking tray with baking paper or use a silicon baking sheet.
6. Using a cookie cutter, make star shapes in the mixture and transfer the stars onto the baking sheet. The stars should be around 1/2 cm thick.
7. Bake for approximately 13 mins (until crispy on the sides). Once cooked, serve immediately.



CLOUD EGGS

Servings: 6 eggs

Duration: 20 minutes

Ingredients

- 6 Happy Eggs
- A small bunch of chopped fresh chives
- 2 finely sliced spring onions
- Salt and pepper

Method

1. Preheat the oven to 200C (180C fan).
2. Separate the egg yolks and whites into two separate bowls, being careful not to crack the yolks.
3. Whisk the egg whites until stiff peaks form.
4. Gently spoon the egg whites onto a greaseproof baking sheet to create three little clouds.
5. Gently place an egg yolk in the centre of each cloud.
6. Sprinkle the chives onto the clouds.
7. Bake in the oven for about 7 minutes until just golden at the edges.
8. Sprinkle with salt and pepper to taste.
9. Transfer to a plate and serve with fresh bread and bacon for the perfect breakfast!

MONSTER PANCAKES

Servings: 8 pancakes

Duration: 25 minutes

Ingredients

- 110g plain flour
- Pinch of salt
- 2 Happy Eggs
- 200ml semi-skimmed milk mixed with 75ml water
- Oil for frying
- Suggested toppings: Blueberries, strawberries, bananas, kiwi fruit, chocolate spread, maple syrup, dessert sprinkles

Method

1. Sieve the flour and salt into a large bowl.
2. Make a well in the centre and add the eggs
3. Whisk slowly, incorporating the flour from the sides.
4. Gradually whisk in the milk and water mixture to create a batter.
5. In a large non-stick frying pan heat a splash of oil on a high heat and then turn down to a medium heat.
6. Pour enough batter into the frying pan and tip the pan around in a circle to cover the base.
7. Cook through until small bubbles begin to appear on the surface and the base turns golden (you can lift the side to check).
8. Flip the pancake and cook for about another 30 seconds until golden.
9. Repeat with the rest of the pancake mixture, stacking the pancakes on top of each other as you go.
10. Now it's time to create a monster! Cut the fruit toppings into shapes to create a face of your choice. The chocolate spread can be used to secure them into place.

EGGY BREAD

Servings: 2

Duration: 30 minutes

Ingredients

- 2 large Happy Eggs
- 2 tablespoons milk
- 2 slices of fresh bread, (roughly 1.5cm thick)
- Olive oil
- 1 sliced banana
- Maple syrup
- Chopped walnuts (optional)

Method

1. Crack the eggs into a mixing bowl and add the milk.
2. Gently whisk the eggs and milk together with a fork, then place to one side.
3. Heat a non-stick frying pan on a medium heat and add ½ a tablespoon of oil to the pan, carefully swirling around to evenly coat the inside.
4. Dip 1 slice of bread into the eggy mixture, turning it over a few times to make sure it's well coated and absorbs the mixture like a sponge.
5. Lift the soaked bread from the bowl and allow the excess mixture to drip off, then lower it into the pan, making sure it's facing away from you, so you don't get splashed with hot oil.
6. Cook for 2 to 3 minutes on each side, or until golden and cooked through, using a spatula to flip it over.
7. Carefully lift the bread out of the frying pan and onto a serving plate.
8. Add the sliced banana and drizzle with maple syrup. Sprinkle with walnuts for an added crunch!

FAIRY CAKES

Servings: 12 fairy cakes

Duration: 1 hour

Ingredients

For the cakes:

- 100g caster sugar
- 100g very soft butter
- 100g self raising flour
- 2 Happy Eggs
- 1 tsp vanilla extract

For the icing:

- 200g very soft butter
- 200g icing sugar
- Food colouring, sprinkles, marshmallows etc

Method

1. Pre-heat the oven to 180C/160C fan/ gas 4.
2. Prepare a muffin tray by putting a paper cake case in each hole.
3. Put the sugar and softened butter in a bowl and mix together.
4. Sift in the flour.
5. Break the eggs into a separate bowl, whisk gently then add to the butter mixture bowl. Add the vanilla and mix everything together.
6. Divide between the cake cases using a spoon, scraping it off with a knife.
7. Place the tray in the oven and bake for 20 minutes.
8. In a separate bowl, mix the butter and icing sugar to make a creamy icing. Add colouring, if you like.
9. Push an icing nozzle into an icing bag, then scoop in the icing.
10. Once cooked, let the cakes cool completely in the tray. Once cooled, pipe icing onto each cake and decorate with marshmallows or sprinkles or toppings of your choice.