



## Egg-citing News!

### Introducing Laguna Farm's Cosmic Eggs.

The Cosmic hens are raised on the farm's pasture, produce and organic feed. In addition they help work the soil to enrich next season's harvest.

Compared to factory farm eggs, the Cosmic egg whites are very thick and these eggs may have\*

1/3 less cholesterol

1/4 less saturated fat

2/3 more Vitamin A

2 times more omega-3 fatty acids

3 times more Vitamin E

7 times more beta carotene

4 times more vitamin D

\*[www.motherearthnews.com/eggs.aspx](http://www.motherearthnews.com/eggs.aspx)

Cosmic eggs are now available in the farm store and there's a little sample in this week's box.

We hope you enjoy these "real" eggs

## Easy Chocolate Custard Pie

### Chocolate Crumb Crust

Makes one 9-inch crust

Ingredients\*:

1-1/2 cups fine Newman's Own Organics Alphabet

Cookie crumbs (about 4 oz.)

1/3 cup (2/3 stick) butter, room temperature

Heat oven to 350°F.

Put cookie crumbs in medium bowl. Add butter; mix until thoroughly blended.

Press crumb mixture evenly and firmly against bottom and sides of 9-inch pie plate.

Bake in 350°F oven for 8 to 10 minutes until center is firm to the touch. Cool completely on wire rack.

### Custard Filling

Makes 8 servings

### Ingredients\*:

1 cup Santa Cruz Organic chocolate syrup

3/4 cup Organic Milk

1/4 cup sugar

4 Cosmic Organic Eggs

1 tsp. vanilla

Heat oven to 350°F.

Combine syrup, milk and sugar in small saucepan.

Cook over low heat, stirring constantly until bubbles form at edges. Set aside.

Beat eggs and vanilla in medium bowl until blended.

Stirring constantly, slowly add heated milk mixture until well blended. Pour into crumb crust.

Bake in center of 350°F oven for 40 to 45 minutes until a thin-bladed knife inserted near center of pie comes out clean. If any custard clings to the blade, bake a few minutes longer and test again. The center will jiggle slightly when dish is gently shaken. Center will firm up as it cools.

Cool on wire rack. Garnish with fresh whipped

organic whipped cream and fresh mint.

Serve warm or refrigerate until cold. Refrigerate any leftover pie promptly.



## Italian Frittata with Asparagus

Recipe courtesy of Belinda Randell, The Organic Cook

Ingredients\*:

1 small brown onion, diced finely

2 garlic cloves, mixed to a paste

1 small red capsicum, sliced very finely

1 bunch asparagus

1/2 bunch parsley, washed and picked

Sea salt and pepper to season

1 tomato, chopped roughly (canned tomato)

1 tablespoon tomato paste

3 tablespoons extra virgin olive oil

8 Organic Eggs

1 small tub ricotta

1 teaspoon coriander seeds

1 teaspoon cumin seeds

1/2 teaspoon black pepper corns and sea salt

Grind the coriander seeds, cumin seeds, black pepper and sea salt in a mortar and pestle. Set aside.

Fill a saucepan with boiling hot water almost to the top and put in the asparagus. Blanch quickly for 2 minutes and remove and refresh with cold water.

Gently slice the asparagus spears in half.

Heat the olive oil gently in a fry pan and add onion and garlic. Sauté until translucent. Add in the red capsicum, asparagus, tomato paste, tomato and zucchini. Stir for 5 minutes.

Whisk the eggs in a bowl and season with sea salt and pepper, add the parsley and then slowly pour into the fry pan coating the whole pan. Using a tablespoon place dots of ricotta on top of egg mixture.

When the base is cooked, sprinkle the fresh spice mix and a splash of olive oil and put the fry pan under the grill for 5 minutes to cook the top of the frittata until golden.

Serve with a green salad and good quality sourdough for breakfast, lunch or dinner! [www.culinate.com](http://www.culinate.com).



## Hard Boiled Egg

\*note for dyeing eggs use BROWN eggs as the color are wonderful when dyed.

Place eggs in saucepan large enough to hold them without crowding the pan. Add enough cold water to cover the eggs by at least one inch. Bring water rapidly to boiling over high heat. Remove the saucepan from heat and let stand for 15 minutes, covered. Carefully drain eggs and immediately transfer to bowl of cold water. This prevents the formation of a dark surface on the egg yolks. Drain eggs and place in bowl and put in refrigerator.