

THREE QUICK WAYS TO USE YOUR EXTRA FARM FRESH EGGS



A FARM-FRESH RECIPE BOOK

FEATURING RECIPES FROM

Glass Farm Greens

www.glassfarmgreens.com



Meet your Farmers

Hello!

I'm Jenny! And I'm a former suburban/corporate world gal turned farmer's wife. My husband and I along with our two grown children have been honored to own Glass Farm Greens for over 4 years in Harvard, Illinois.

Can I be honest? I had NO idea how great farm fresh food was until I married my husband - let alone how to cook or preserve it. I learned pretty quickly that healthy food starts with fresh quality ingredients.

I am passionate about sharing what I have learned on this journey and providing you with quality food picked at the peak of freshness.

Instant Pot Hard Boiled Eggs

One of the first things I made when I brought home my Ninja Foodi (an electric pressure cooker like an instant pot with an air crisper lid) was hard boiled eggs. I absolutely love the ease of pushing a button and letting the appliance do the work.

What you'll need:

10 - 12 Farm fresh eggs

1 cup water

Steps:

This recipe calls for the 5 - 5 - 5 method:

5 minutes at high pressure

5 minutes natural release

5 minutes ice water bath

Place one cup of water in your instant pot. Using an egg rack or similar rack, gently place 10 - 12 eggs into the instant pot. Place on the pressure cooking lid and make sure the seal is set to closed. Pressure cook on high for 5 minutes. After the 5 minutes of pressure cooking, allow a natural release of pressure for 5 minutes. Quick release the remaining pressure.

Immediately place the eggs in an ice water bath for at least 5 minutes.



Baked Eggs

Here is a quick way to use and store a dozen eggs. Make these eggs and pop them in the freezer for egg muffin sandwiches. A great on-the-go meal for your busy week.

Ingredients:

- *12 Farm fresh eggs*
- *3 Tablespoons butter*
- *salt and pepper*
- *your choice of additional ingredients such as onion, green pepper, cheese, spinach, broccoli, etc.*

Steps:

- Preheat your oven to 400°.
- Place 3 tablespoons of butter in a 9" x 13" pan and place it in the oven to melt the butter.
- Whisk together 12 farm fresh eggs and add salt and pepper to taste.
- Pour the egg mixture into the baking pan containing the melted butter.
- Add any additional ingredients such as onion, green pepper, etc.
- Bake at 400° for about 20 minutes or until the center is set.
- Cool completely and cut into circles or squares for sandwiches.
- Wrap individual servings in waxed paper and place in a freezer safe ziplock bag.
- Reheat individual portions in the microwave when ready to serve.



How to Freeze Eggs

Here is a little known secret -- you can freeze those extra eggs to use in baked dishes. Yep - that's right. So the next time you have the opportunity to get your hands on some farm fresh eggs, pick up an extra dozen for the freezer. Then you will always have them available for your favorite baked dishes.

Here's how:

Starting with farm fresh eggs, whisk individually or in a quantity of your choice. For example, if your baked goods usually call for 2 eggs, freezing two whisked eggs together will work best for you.



For our household, I whisk individual eggs and pour into a silicone mold that has been sprayed with oil. Then I pop them in the freezer. Once they are frozen, I place them into a freezer safe ziplock bag and label with the contents and date.

If you do not have a silicone mold, you can pour your whisked eggs into a muffin tin or freezer safe ziplock bag. Just be sure to label the bag with the quantity and date.

These eggs will work best in baked dishes as the consistency and texture will change a bit after freezing.

Ready to use? Just thaw overnight in the refrigerator.



We'd love to meet you!

If you're looking for a farmer to supply you with your real food ingredients, then visit our farm for the freshest vegetables, fruit, and herbs.

Farm Store Hours:

April to November

Wednesday & Thursday 3:00 - 7:00

Friday 12:00 - 7:00

Saturday 9:00 - 5:00

Sunday 11:00 - 3:00

GLASS FARM GREENS

21603 OAK GROVE ROAD

HARVARD, ILLINOIS

(815) 337-4755

WWW.GLASSFARMGREENS.COM

Farmers' Market Locations:

Saturdays - Huntley Farmers Market at the
Corner of Church and Coral Sts. 8:00 - 1:00