



Nova Scotia Egg Soufflé Arlequine

(Serves 2)

Ingredients:

- 4 large farm fresh eggs
- 2 eggs white
- ½ cup peeled and diced of valley potatoes (can be sweet potatoes)
- ½ diced medium white onion
- ½ cup of cooked Meadowbrook Farm smoked bacon lardons (large bacon bits)
- ¼ cup shredded Nova Scotia cheddar
- ½ cup sliced mushroom (can be replace with wild mushroom during season)
- 0.5 oz. of River View Herbs chives
- 2 tablespoon olive oil (one per omelet pan)
- Salt & pepper to taste

Toppings:

- 3 oz. of marinated diced tomato salad

Directions:

- Use a 6 inches Teflon coated frying pan (oven friendly)
- Prepares 2 flat omelets and an egg white soufflé

Omelet one:

Rissolée the valley diced potatoes with the diced onions in olive oil. Once potatoes are cooked, add 2 whisked eggs. Add salt and pepper. Slowly cook the omelet, trying not to disturb the eggs too much to keep it uniform. To help keep omelet uniform while increasing its size, use a lid. Flip the omelet to finalize cooking process.

Place cooked omelet on a plate and keep it hot.

Omelet two:

Add olive oil to your pan, add whisked seasoned egg with the Meadowbrook bacon lardons and shredded Nova Scotia cheddar. Slowly cook the omelet, trying not to disturb the eggs too much to keep it uniform. To help keep omelet uniform while increasing its size, use a lid. Flip the omelet to finalize cooking process.

Place cooked omelet over the first one and keep it hot.

Egg white soufflé:

Preheat oven to 385 F

In the frying pan, cook sliced mushrooms in olive oil. While cooking, mix the egg whites with a dash of salt and whisk until peaks form. Fold in Riverview chives and place the egg whites over the mushrooms, cooking for 2 minutes on low heat. Place the pan in the oven for 3 minutes (time may vary with the amount of egg whites recipe is increased). Flip the egg white soufflé and place it on the top of the 2 omelets.

Top the omelet with a mild house-made marinated tomato salsa.

And enjoy!



This recipe is brought to you by Chef Christophe Luzeux from the Halifax Convention Centre.