

KITCHEN HELPER

# Egg-cellent timing

There's a new egg on the shelves and it isn't in a shell. Egg Creations, developed by Burnbrae Farms, can turn into a healthy meal with just a shake, thanks to its liquid form. "People want to cook healthy, great tasting meals but many feel they just don't have the time," said Margaret Hudson, vice-president at Burnbrae Farms in Ontario. The eggs are fat and cholesterol free, an excellent source of protein and freezer friendly. You can find

original, garden vegetable or cheese and chive varieties at the stores.

■ **Sweet alternative:** If gluten, dairy and soy are not on your eating list, check out Ariana Bundy's Sweet Alternative (Whitecap Books). The trained pastry chef with dairy intolerances of her own, Bundy developed several recipes for muffins, cookies, cakes, ice creams and more. The cookbook sells for \$29.95.

**We love food!** 

■ **Say cheese:** Alberta's Sylvan Star Cheese has made the final cut in four categories in this year's Canadian Cheese Grand Prix. The Sylvan Lake-based cheesemaker was named a finalist for its mild gouda in the semi-soft cheese competition; the smoked gouda and spiced gouda were recognized in two flavoured cheese categories; and the extra aged gouda was saluted under artisanal farmhouse cheese. Winners for each category will be announced April 5 in Toronto, along with an overall grand champion. The Dairy Farmers of Canada sponsor the competition every two years. This year's event attracted nearly 190 cheeses in 16 categories.

■ **Speaking of cheese ...** Is your cheese plate – and palette – stuck in a brie and cheddar rut? Alice and Allison Spurrell, the mother-daughter owners of Vancouver's Les Amis Du Fromage ([www.Buycheese.Com](http://www.Buycheese.Com)) offer five picks to ease your taste buds into doing a little travelling:

- **Cashel Blue:** This Irish blue is a great introduction to blue cheese. Rich and creamy, with the characteristic "grassy hay smell" of blue cheese, but without the off-putting aroma of stronger varieties.
- **Cantal:** Mountain-fed cows are the difference in this buttery, cheddar-like cheese from Auvergne, France. Made with raw cow's milk (unpasteurized and cooked at lower temperatures), it's the presence of "good" bacteria that gives it a nice, nutty flavour.
- **Pecorino Toscano Stagionato:** Just as all goat's milk cheese made in France is classified as chevres, Italian cheese made from sheep's milk is called Pecorino. This sharp yet not overpowering Tuscan variety is perfect paired with a glass of red wine.
- **Farmhouse Camembert:** Dairy farmers in Agassiz, B.C., make this runnier, full-flavoured Camembert in the European fashion without "dumbing it down" to suit less sophisticated taste buds.



**BE ADVENTUROUS ...** Alice Spurrell poses with some of the 500 varieties of cheese available at her Vancouver store, Les Amis Du Fromage.

— Sun Media

— LORENA D. JOHNSON, with files from Sun Media