



Easter brunch for kids and adults



The Easter nest is easy to make: line a small, round basket or porcelain dish with fresh moss and bury the eggs carefully in it. It's a lovely feeling laying the entire range of eggs in the basket! The small, dappled quail egg is a true feast for the eyes. At the farmer's market, you can even find chicken eggs with wonderful green and blue pastel tones, depending on the breed. Meanwhile, duck eggs have a thick shell and a golden yolk. Eggs contain high quality protein, fat and minerals, so we're literally putting little powerhouses into the basket. Egg protein is easy to digest and provides around 14% of our daily protein requirement. So that's good news about breakfast!

The rule for cooking eggs is simple: the best eggs for frying are freshly laid eggs while those that are a couple of days old are better used for cooking and baking. And that's what this is all about! Fried quail eggs are small and cute, and perfect for the little ones' brunch.

The bigger the stomach, the greater the hunger! One duck egg is equivalent to around 1.5 chicken eggs, has a stronger flavour and nourishes you up for longer. Soft-boiled in 5.5 minutes, it's a great egg for the breakfast plate. Slice the top off with a knife and dip toasted soldiers into the yoke.

An Easter brunch is a small celebration that needs a decent finale. Eggs have the great advantage of



adding volume to any dish, so how about a lovely pancake soufflé for the brunch table? Mix 3 chicken eggs with 1 tablespoon of sugar, 1 pinch of salt, 65g of sieved flour, 120ml of milk and the pulp from 1 vanilla pod. Melt 2 tablespoons of butter in a pre-heated, oven-proof frying pan, pour in the batter and bake for 20 minutes at 200°C. If you look through the oven window, you'll see how the pastry really rises! As soon as it is cooked, serve the soufflé on a plate garnished with icing sugar and some pieces of fresh fruit.

Eggs symbolise the eternally cyclical nature of life. How easy it is, then, to celebrate life! It's simply a matter of sitting around the breakfast table with the family!