

### Three Ontario students win provincial egg recipe contest

FOR IMMEDIATE RELEASE

ATTN: News Editor  
News Release

MISSISSAUGA, Nov. 15 – Egg Farmers of Ontario (EFO) is pleased to announce the three winners of the 2007 “Eggstraordinary!” Student Recipe Contest held in conjunction with Liaison College: Christine Amar, Lara Gillespie and Veronica Mal.

The contest ran from Sept. 24 to Oct. 15 and was open to Liaison College students in the completion stages of Cook Basic Level I Diploma or Cook Advanced Level II Diploma culinary program for the 2007 academic year. Liaison College is a post-secondary culinary school with 10 locations across Ontario.

Students were able to submit recipes in three categories – Cooking for a Crowd (egg recipes with a yield of 24 to 48 servings); New Takes on the Classics (new versions of basic egg cooking methods such as scrambling, poaching, omelettes, etc.); and Real in the Kitchen (easy to prepare egg recipes using 5 ingredients or less, with a total preparation and cooking time of 20 minutes). Recipes from all categories were to be suitable for use in foodservice settings.

Nine finalists (three from each category) competed on Nov. 12 at Liaison College’s downtown location. Recipes were judged by a panel of five food professionals: Cora Mussely Tsouflidou, founder of Cora’s restaurants; Anita Stewart, author and food activist; egg farmer and EFO Director Harold Walker; Sebastian Cugno, Liaison College Board member, award winning chef and teacher at North Peel Secondary School in Brampton; and Christopher Ennew, Liaison College Board member and Executive Chef at Ste. Anne’s Country Inn & Spa in Grafton.

Christine Amar, a Liaison College student in Vaughan, won the Cooking for a Crowd category. Her recipe, Marrakesh Eggspress, is inspired by one of her Moroccan grandmother’s creations.

Lara Gillespie, from Liaison College’s Oakville location, was a finalist in all three categories. Her winning recipe for the New Takes on the Classics category, Bye Benedicts, is a reinvention of eggs Benedict that incorporated peameal bacon and yams in a triple-decker sandwich style dish.

The winner of the Real in the Kitchen Category is a student at the College’s downtown Toronto location. Veronica Mal’s dish, Sunny Basil Eggs, is something she has been making since the age of 11. It involves the separation of whites from the yolks, seasoning and beating of the whites, placing the yolks back on top of the whites and cooking until done.

Winners received a cheque for \$750 and an EFO gift basket that included a frying pan, apron and cookbook. Additionally, Judge Cora extended an exclusive invitation for them to visit the Cora’s location in their respective areas to see how it operates.

EFO represents approximately 475 Ontario egg and pullet farmers. To learn more about the organization and for fast, nutritious and nutritious egg recipes visit [www.getcracking.ca](http://www.getcracking.ca).

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