



By Tracy Beard

## PROVISIONS

ALONG THE BUNNY TRAIL

# Devilish Eggs!

### Basic Deviled Egg Recipe

6 hard-boiled eggs, peeled  
3 Tbl mayonnaise (substitute sour cream or plain yogurt for a lighter version)  
1-½ tsp mustard  
1-½ tsp dill pickle juice or white vinegar  
½ tsp sugar (optional)  
¼-tsp salt  
Dash of white pepper  
Sprinkle paprika for garnish

Freely adjust the quantities of mustard, vinegar, sugar, salt and pepper to your taste preferences.

Place six eggs in a medium saucepan and fill the pan with water to cover the eggs by one inch. Heat to a rolling boil and cook for 5 minutes. Turn off the stove and let eggs sit in hot water for 15 minutes. Drain and fill the pan with cold water until eggs are cooled. Peel eggs and set them aside.



Cut the eggs in half lengthwise. Put yolks in a bowl and set whites on a decorative dish.

Mash the yolks and mix in the other ingredients minus the paprika.

Use two teaspoons or a pastry bag to fill each egg white with about one teaspoon of mashed yolk mix. Sprinkle with paprika.

### Delicious Egg Toppings and Options

- Bacon, bacon and more bacon
- Smoked salmon and capers – substitute lemon juice for the dill pickle juice or vinegar
- Boursin cheese mixed into yolks – one of my favorites
- Sliced radishes and chives
- Blue cheese crumbles, bacon and chives
- Kalamata olives, sundried tomatoes and Italian parsley - delicious
- Feta cheese, lemon and oregano
- Sliced green olives with lemon zest and black pepper
- Prosciutto, Parmesan and chives



### Colorful Cotton Candy Margaritas

2 ounces silver tequila  
1-¼ ounces Cointreau  
¾ ounce fresh lime juice  
¾ ounce sweet and sour mix  
Kosher salt  
Food coloring to match cotton candy

Colored cotton candy – roll into balls and stick one on the end of a wooden or metal toothpick or a swizzle stick.

Wet the rim of the glass with lime juice, applied by rubbing with the cut edge of a lime, and dip into kosher salt or sugar. Place all other ingredients in a cocktail shaker with ice and shake. Pour liquid into the glass filled with ice. Skewer a puff of cotton candy on a swizzle stick and into the glass for garnish.

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# Easter and the Egg

Spring festivities fun for adults and kids alike

Story & photos by Tracy Beard

Easter is the most critical holiday of the year for Christians; it celebrates Jesus Christ's resurrection from the dead. But like many religious holidays, non-religious traditions are observed on the same day. Easter is recognized in many countries for colorful eggs, woven baskets filled with candy, and Easter egg hunts. And then there is the big question of what to do with all those hard-boiled eggs.

## What is with the Egg?

In many religions, the egg is an ancient symbol of new life. Some Christian resources state that the empty eggshells at Easter are a metaphor for the empty tomb. Long ago, eating eggs during Lent was prohibited. People decorated the eggs to celebrate the end of penance and fasting, and then they ate the eggs on Easter to celebrate.

Egg decorating dates back to the 13th century. According to Dr. Andrew Hann at English Heritage magazine, "Eggs were given to the church as Good Friday offerings, and villagers often gave eggs as gifts to the lord of the manor at Easter. Royals got involved with this tradition too – in 1290, Edward I purchased 450 eggs to be decorated with colours or gold leaf and then distributed them to his household."

## History of the Hunt

Every Easter millions of children around the world arise early in the morning to search for Easter baskets brimming with candy. Once found, the hunt for eggs ensues. One of the oldest recorded Easter

egg hunts originated in Germany. These quests began in the late 16th century when Martin Luther organized them for his church members. Traditionally, the men would hide the eggs for the women and children to find.

Queen Victoria also promoted the tradition of Easter egg hunting. When she was a child, her German-born mother, the Duchess of Kent, orchestrated many egg hunts at Kensington Palace. At the age of fourteen, Princess Victoria wrote in her diary, "Mama did some pretty painted and ornamented eggs, and we looked for them." Queen Victoria and her husband Albert continued this German tradition with their children. Albert concealed the eggs in little moss baskets and hid them around the house. Victoria wrote about the egg hunting pursuits in her journals. In 1869 she penned, "After breakfast, the children, as usual on this day, looked for Easter eggs."

By the late 19th and early 20th centuries, middle-class Victorian families joined in the festivities as they had more disposable income. Parents worked to keep old traditions alive, and the Easter holiday became less about religion and more about a celebration of family, home and fun for the children.

## Eggs and More

Easter egg hunts continue to excite children. Confectionery companies got in on the action years ago when they seized the opportunity to promote their products on this holiday. Children today enjoy a sugar high along with traditional egg hunts.

A few years ago, I got a first-hand look at candy egg production when I visited Enstrom Toffee and Confectionery in Grand Junction, Colorado. Marshmallow, cream and fruit confections rolled down the conveyor belt to be dipped into



different chocolate varieties and hand-decorated before being wrapped and shipped worldwide.

## Egg Trivia

The world's largest chocolate Easter Egg was displayed in Cortenuova, Italy, in April 2011. It had a circumference of over 64 feet at the widest point and weighed in at 15,873 pounds.

## What To Do with the Egg

One of the easiest and most common recipes using hard-boiled eggs is the deviled egg. During the first century AD, hard-boiled eggs were paired with spicy sauces and served as the first course in Rome.

By the 1400s stuffed eggs with all kinds of toppings and sauces were famous from one end of Europe to the other. Early cookbooks had numerous recipes using a variety of ingredients to embellish the boiled egg. The humble egg was made more appealing with the addition of sauces, cheeses, various toppings and even powdered sugar.

The practice of mashing up the yolk, combining it with other ingredients and stuffing it all back into the egg white dates back to the 13th century in Spain. The term "deviled" came about in the 18th or 19th century when foods were made spicier.

The spicy deviled egg showed up in American cookbooks in the mid-1800s. The idea of using mayonnaise in deviled eggs first appeared in the Boston Cooking School Cookbook written in 1896. Still, this version did not become popular in the American home until the 1940s.

Today restaurants and homemakers are once again sprucing up the simple egg. Some are using ingredients like wasabi, bacon, cheeses and caviar to elevate this classic dish. Whatever your preference, the deviled egg is a fantastic way to use up and enjoy those colorful Easter eggs.

If you are serving them at a brunch or cocktail party, consider pairing them with a festive Easter margarita garnished with cotton candy on a swizzle stick.



Vancouver, Wash. resident Tracy Beard writes about luxury and adventure travel, traditional and trendy fine dining and libations for regional, national and international magazines. She is the

"Out & About" columnist, now in her sixth year contributing to CRR.