

cavanagh eggs

from farm to fork



30 “A good golden yolk – well rounded with a firm, clean white. A delicious flavour... creamy and deliciously natural.” This quote is the feedback from the judges of the 2014 Great Taste Awards in which Cavanagh Free Range Eggs was awarded one gold star!

It is for this excellent quality and distinctive taste that Cavanagh Eggs has become renowned. Started in March 2002 by husband and wife team, John and Eileen Hall in the beautiful County Fermanagh countryside, they housed their first flock of hens and the business grew from there. By February 2011, their hen flock had grown significantly to 31,000 and also during that time they had produced their own flock of two sons – Brian and Aaron – who love helping around the farm.

The secret to the success of this family-run business is the caring and nurturing environment that this couple has created for their hens. “We firmly believe that contented hens lay great quality eggs. Our hens are all free to roam the countryside and we are dedicated to creating the best

possible environment for them. Producing approximately 10 million eggs between them every year.”

The Cavanagh Free Range brand officially launched in 2012; up until then, their eggs went to a local packing centre, but they set their own up to grade, pack, market and deliver their eggs locally to shops, hotels, restaurants and wholesalers throughout Ireland, England, Scotland and Wales.

You can be absolutely sure of the quality, freshness and safety of their eggs. They are not only tasty, but full of nutrition too, having a high protein content, with naturally occurring vitamins, minerals and trace elements (such as vitamins a, b, d, folic acid, iron and calcium). According to John Hall, the plan is to increase the number of hens in their flock from 31,000 to 43,000 by late spring because of the demand. It would seem that their happy eggs are golden eggs in more ways than one!

For more information tel 028 6773 7889 or visit www.cavanaghfreerangeeggs.co.uk

deconstructed cavanagh free range eton mess with strawberries and raspberries

4 Cavanagh Free Range egg whites	125g mascarpone
400g strawberries, hulls removed	1 tbsp honey
225g caster sugar	200g raspberries
125g rhubarb yoghurt	mint leaves

Preheat the oven to 110°C. Line two baking trays with parchment paper. Place the egg whites into a large bowl and whisk until soft peaks form. Gradually add the caster sugar, whisking between each addition, until it has all been added and forms stiff peaks. Using a piping bag, pipe the mixture into small rounds on the baking trays and bake in the oven for 1½ to 2 hours. Turn off the oven and allow the meringues to cool in the oven. Blend the mascarpone with the yoghurt and honey in a bowl until smooth. Spoon the mascarpone mixture into a piping bag with a small nozzle. Gently push the nozzle into the base of each meringue and fill with mascarpone. Place the filled meringues on a serving plate as illustrated, along with the strawberries and raspberries. Garnish with the mint leaves and enjoy.

Or... roughly crush the meringues and layer them in individual serving glasses with the mascarpone mixture and fruit.

They say Eton Mess was invented when a student at Eton dropped a pavlova and simply served it in glasses instead of on plates!



cavanagh free range egg pancakes

For the pancakes

1 tbsp baking powder
pinch of salt
1 tsp white sugar
2 Cavanagh Free Range Eggs, beaten
30g butter, melted and cooled
300ml milk
225g plain flour
butter for frying

To serve

maple syrup
blueberries
crispy fried bacon rashers

Place all the pancake ingredients in a food processor and blend until smooth. Heat a non-stick frying pan over medium high heat and brush with some melted butter. Ladle some mixture on to the pan and cook until bubbles appear on the surface of the pancake. Turn and cook for 3 minutes or until cooked through. Transfer to a plate and keep warm. Repeat with the remaining mixture, brushing pan with butter between batches.

Serve drizzled with lots of maple syrup, blueberries and hot crispy bacon. Enjoy!!!

