

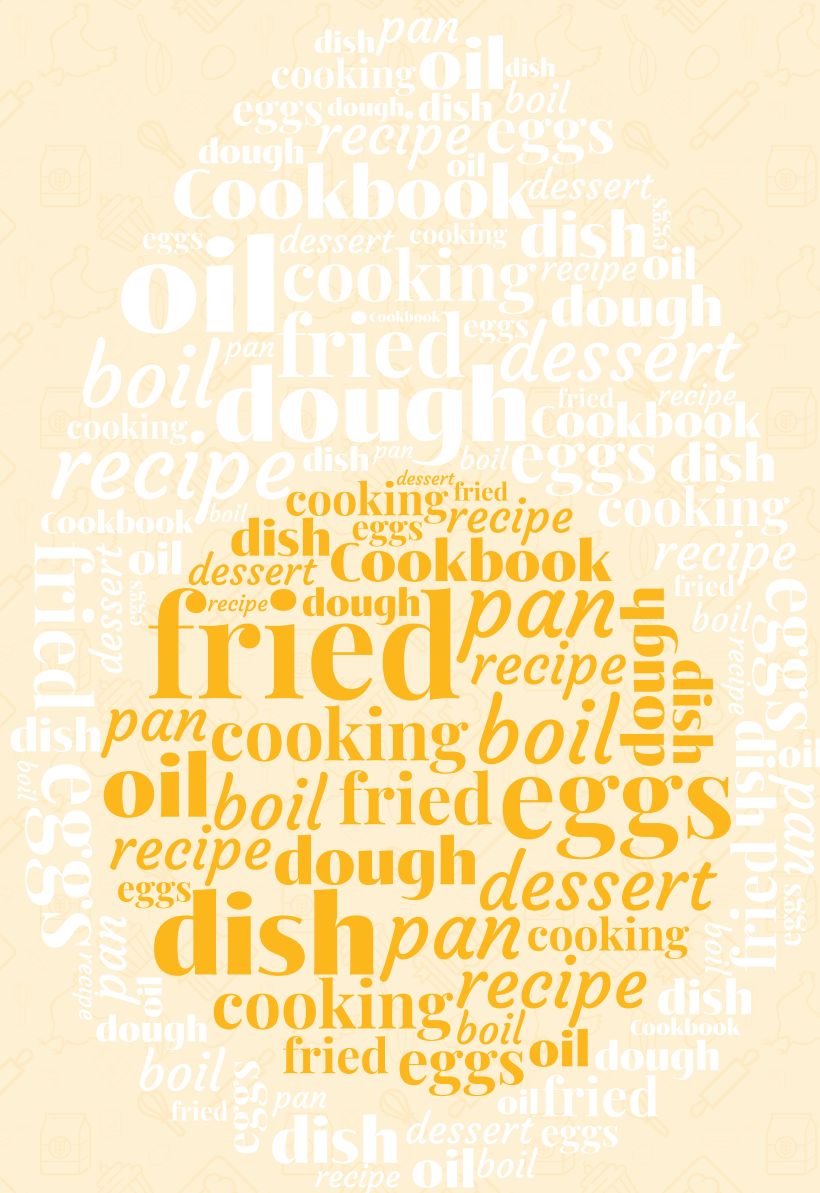
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fried egg pan dish  
dish dessert eggs  
recipe oil boil

# Cookbook

by LOHMANN



LOHMANN  
BREEDERS



1998

1996

2001

1999

2003

2005

2008

2011

2017

2014

2022

2020

Dear LOHMANN Egg Fans,

World Egg Day is celebrated across the globe on the second Friday of October every year.

The global event welcomes everyone to honour the unique contribution eggs make to supporting people around the world.

World Egg Day was established at Vienna 1996, when it was decided to celebrate the power of the egg. Since then, egg fans around the world have thought up new creative ways to honour this incredible nutrient powerhouse, and the day of celebration has grown and evolved over time.

## **WORLD EGG DAY 2022 | FRIDAY 14 OCTOBER PUBLICATION OF COOKBOOK BY LOHMANN**

There are lots of ways to celebrate the World Egg Day 2022. We at LOHMANN have decided to publish an exclusive cookbook including the favourite recipes from our Technical Service, Sales and Marketing Team! It couldn't be more international!

You will find everything here, from savoury to sweet, cold or warm, meat or vegetables. But there is one thing you will not find: a recipe without LOHMANN eggs!

**Have fun cooking!**

**And don't forget: LOHMANN - for every management the right hen, for every market the right egg and from now on for every taste the right recipe!**

**Enjoy your meal!**

**Your LOHMANN TEAM**



# 6

Christoffer Ernst  
Managing Director Sales



14

Mark Allen  
Global Technical Service  
Flock Management



22

**Hazelnut chocolate cake**  
Dr. Matthias Voss  
Veterinary Scientific Director



8

Jörg Heier  
Managing Director Operations



# 16

**Burger**  
Ron Eek  
Global Technical Service  
Flock Management



24

**Moroccan Baked Eggs  
with Chickpeas**  
Mohammed Chairi Ben Hlima  
Business Development  
Manager Africa & Middle East



# 10

**Mirza ghasemi, a dish  
from North of Iran**  
Farhad Mozafar  
Director of Global Technical Service



18

**Potato Omelette, traditional  
Spanish Omelette**  
Juan Valle Diez  
Global Technical Service Nutrition



12

***Crepioca, a delicious  
invention made when you  
mix crepe and tapioca flour***  
Thomas Abdo Calil  
*Global Technical Service Incubation*



20

**Menemen, spicy  
Turkish Omlette**  
Esra Evrenkaya  
Global Technical Service Nutrition





# of contents



26

## **Tanzanian Chips Mayai French Fries Omelette**

Viola Holik  
Sales & Technical Service Africa



30

## **Pasta alla carbonara**

Eduardo Bernardi  
Bus Development Manager  
Asia Pacific



38

## **Bolzano sauce with asparagus**

Andrea Callwitz  
Head of Marketing  
Global Marketing & Events



28

## **Pão de Queijo Brazilian Cheese Bread**

Matheus Bocchini Rodrigues Alves  
Sales & Technical Service  
Latin America



32

## **Nargisi Kofta**

Dr. Sohail Habib Syed  
Sales and Technical Service Asia



40

## **Parmesan Stars**

Nicole Rehse  
PR/Communication



34

## **Mimosa salad popular in Rusia**

Sergey Kulagin  
Sales & Technical Service C.I.S.



42

## **Grilled Peppers with scrambled eggs**

Jan Kraßmann  
Online-Marketing



36

## **Crumpled egg**

Aleksei Osipov  
Sales & Technical Service C.I.S.



44

## **Eggs in mustard sauce**

Jessica Korella  
Marketing

an  
oil  
dish  
boil  
dish  
be  
eggs  
oil  
book  
dessert  
eggs  
cooking  
dish  
recipe  
oil  
king  
dough  
d  
dessert  
gh  
fried  
cook  
book  
eggs  
dish  
boil  
essert  
fried  
g  
recipe  
book  
pan  
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g  
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ed  
eggs  
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## COOKBOOK

Eggcake a traditional Danish dish

# EGGCAKE *a traditional Danish dish*

### Ingredients



Thick sliced tomato

Smoked bacon



Salt and pepper  
to taste

25ml water



25ml whipping  
cream

4 LOHMANN eggs



1

Whip the eggs thoroughly in a large bowl. Add whipping cream and water and whip to an even consistency.

2

Fry the bacon on both sides on a dry pan til golden and crisp. Take off heat and remove bacon slices to dry



3

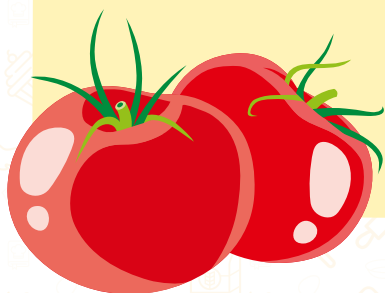
On the same pan add cooking oil of choice and turn to a medium heat. Add in the egg mass and cook for 5 minutes

4

Turn down heat and put a lid on the pan, continue cooking for about 10 minutes till the top is firm



*Add sliced tomatoes and bacon, sprinkle chopped chives on top. Salt and pepper to taste and slice in to even triangular pieces.*



**Christoffer Ernst**

Managing Director Sales





### Ingredients



500 g zucchini

12 LOHMANN eggs



2 mini romaine  
lettuces

75 g pitted green/  
black olives



100 g anchovy  
fillets in oil

250 g heavy  
cream cheese



400 g yogurt

freshly ground  
black pepper



1 tablespoon  
grated organic  
lemon peel

# MEDITERRANEAN EGG SALAD

## *with zucchini and anchovy cream dressing*

1

Hard boil the eggs for about 10 minutes. Then rinse the eggs, peel and cut crosswise into thicker slices.

2

Meanwhile, clean the lettuce, divide into leaves, wash and spin dry or pat dry. Cut the lettuce crosswise into strips.

3

Wash and clean the zucchini and cut or slice into thin sticks. Cut the olives crosswise into fine rings.

4

Drain the anchovy fillets and dab them with kitchen paper. Set aside 6 small fillets to garnish the salad. Mash the remaining ones with a fork, put them in a mixing bowl with the cream cheese and yogurt and blend finely with a hand blender. Season the anchovy cream dressing with pepper and lemon zest. Since the anchovies are very salty, no additional salt is used.



5

In a shallow bowl, first place the romaine lettuce strips, then layer the zucchini sticks on top, and then spread the egg slices on top, except for a small remainder. Spoon the dressing over the salad and garnish everything with the anchovy fillets set aside. Spread the remaining egg slices and olive rings on top.

*The salad tastes best when it has been infused for a day. So a little patience!*



**Jörg Heier**

Managing Director  
Operations





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## COOKBOOK

Mirza ghasemi a dish from North of Iran

# MIRZA GHASEMI

## *A dish from North of Iran*

### Ingredients



2 large Eggplants

2 large tomatoes



1 clove of garlic

½ Teaspoon

Curcumin



Salt, pepper and oil

2 LOHMANN eggs



1

Roast the Eggplants whole and unpeeled in the oven for 40–45 minutes at 220C until the flesh is softened right through to the center. The traditional alternative way is to grill the eggplants over an open flame on a barbecue till the skin is completely blackened, through this method the smoky taste turns up the best.

2

Let them cool, then skin them mash them with a fork.







## Farhad Mozafar

Director of Global  
Technical Service

- 3** Cook the garlic slices through with olive oil. Add Curcumin, salt, and pepper when garlic slices begin to get brown. Add the chopped tomato to the pan and cook for about 15-20 minutes until they are cooked through.
- 4** Add the mashed eggplants into our garlic and tomato sauce and stir them well. Cook it for 8-10 minutes and stir it sometimes.
- 5** Make 2 little holes in the mixture and pour the beaten eggs in the holes straight into the pan. Do not stir in the eggs and cook the mixture for more 5 minutes till the eggs are softly cooked.
- 6** The dish is ready to be served now. If preferred, you may mix the eggs with the mixture before serving. The dish can be served warm with pita bread or cooked Basmati rice or cold as a starter.



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COOKBOOK

Crepioca

# CREPIOCA

*A delicious  
invention made  
when you mix crepe  
and tapioca flour*

## Ingredients



1 LOHMANN egg

2 spoons of  
tapioca flour



Parmesan cheese

Olive oil



1 tablespoon of salt



Frying pan



- 1 Break the egg into a bowl
- 2 Add tapioca flour and mix it
- 3 Add the egg and parmesan cheese and mix again







- ④ Add oil into the pan and put in the mixture
- ⑤ Wait until it is ready to flip.
- ⑥ Then flip and wait a bit until both sides are ready
- ⑦ Fold it and put it on a plate



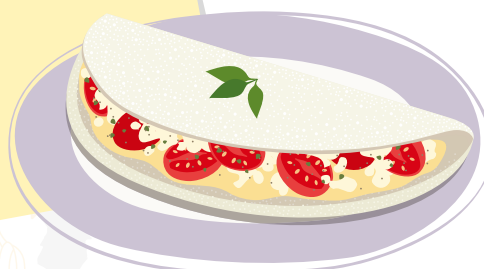
## Thomas Abdo Calil

Global Technical Service  
Incubation



*This is a simple way of making it. Other ways include tomato, ham, mozzarella slices, banana, caramel etc...*


# Enjoy!




# HOMEMADE SCOTCH EGGS *with an English twist*

## Ingredients

5 LOHMANN Eggs 


 300g sausage meat


1 tbsp English mustard 


 Splash of milk

 ½ cup of flour

 1 cup golden breadcrumb

3 tbsp mixed herbs such  
as chives & thyme 

 Salt and pepper

Vegetable oil for frying 

1

Place four eggs in a pan of cold water, bring to the boil and reduce the heat to a simmer. Then cook the eggs for 6 minutes.

2

Once cooked place them immediately into a large bowl of iced water to cool.

3

While they are cooling, chop the herbs and place them into a mixing bowl along with the sausage meat.

4

Add the mustard (for the English twist) and season lightly.

5

Carefully peel the eggs and set aside.

6

Beat the remaining egg in a bowl with a splash of milk, and place seasoned flour in another bowl and your breadcrumbs in a third bowl.

7

Arrange them in an assembly line.







- 8** Divide the meat mixture into four equal portions.
- 9** Put a square of clingfilm on your work surface and lightly flour.
- 10** Place one of the meat portions in the centre and cover with another square of cling film.
- 11** Gently roll the meat until its large enough to cover the egg.
- 12** Take one of your peeled eggs and dip it into the flour bowl, then place it in the centre of the rolled meat. Roll the meat around the egg bringing in the sides to encase. Using your hands, smooth it into an egg shape.
- 13** Dip each prepared egg in the flour, followed by the beaten egg and then the breadcrumbs.
- 14** Dip once more into the beaten egg followed by a final dip into the breadcrumbs.
- 15** Once finished put all the eggs on a plate, cover with cling film and place in the refrigerator to firm.
- 16** Once ready, heat the pan of oil to 175°C and place two eggs at a time into the hot oil and cook for 8 minutes.
- 17** Drain the cooked eggs on kitchen paper, then lightly season and serve with some local chutney and some English cheese.



**Mark Allen**

Global Technical Service  
Flock Management



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## COOKBOOK

### Burger

#### Ingredients



600 g hamburger mince

4 hamburger buns



4 LOHMANN eggs

4 crispy lettuce leaves



Oil, salt and pepper

Sliced onion



Horseradish cream

1 ½ dl crème fraîche



1 tablespoon mustard

3 tablespoon grated horseradish



# BURGER

1

Mix the ingredients for the horseradish cream and season with salt.

2

Fry the onions in plenty of butter for a little five minutes until nicely browned.

3

Season the meat with salt and pepper and form burgers.

4

Fry the burgers in oil, 1 – 2 minutes on each side, at medium-high temp.

5

Toast the bread on the cut sides.

6

Fry the eggs as a fried egg.

7

Assemble the burgers.





**Ron Eek**

Global Technical Service  
Flock Management



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## COOKBOOK

### Potato Omelette



#### *Ingredients*



Olive oil

1 cup onion pureed



1kg of potatoes

8 LOHMANN eggs



Salt

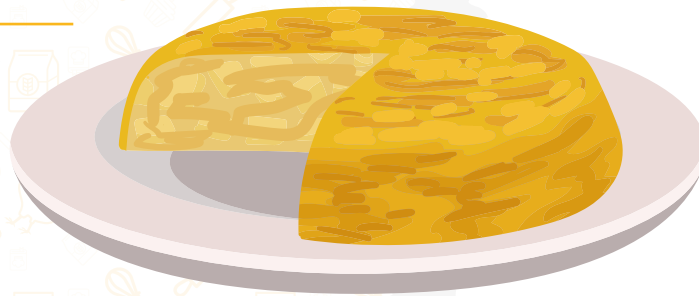
# *POTATO OMELETTE Traditional Spanish Omelette*

1

After washing the potatoes, peel them and cut into thick slices. Chop the onion as well.

Then warm up the olive oil in the pan (normally a large one) and fry potatoes and onion stirring frequently (avoid getting very fried potatoes – stew) and adding salt. Both olive oil and potatoes must be covered by the oil when frying.

Once both, onion, and potatoes, are fried then strain them in a bowl removing the oil that must be kept in another bowl.



- 2** Take the eggs and beat the eggs with a fork, then add the potatoes and onion and stir adding some salt.
- 3** In a medium size pan, heat a couple of the retired oil tablespoon (only covering the bottom of the pan). When it is warm, add the mixture of potatoes, onions, and eggs and heat moderately. Spin the pan by using the handle frequently to avoid getting the omelette stuck to the pan.
- 4** After some minutes (4-5min), by using a cover or a plate big enough, turn over the omelette and heat for another 4-5 min. (if you like more cooked, heat for a longer time). Spin again frequently the handle.
- 5** Finally slide the omelette in a plate and wait 10 minutes. Then it's ready!



**Juan Valle Diez**

Global Technical  
Service Nutrition







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## COOKBOOK

### Ingredients

4 LOHMANN eggs



2 tomatoes

4-5 green peppers



2 capia peppers

100 gr kashar cheese



2 spoon butter

1 teaspoon salt



## Menemen Spicy Turkish Omlette

# MENEMEN

## Spicy Turkish Omlette

1

Firstly, we have to chop the peppers. And peel the shells of tomatoes and chopped.



2

Then, put the butter in the pan and melt it.



3

When the butter melting add the chopped green peppers.



4

Next add the chopped capia peppers.







## Esra Evrenkaya

Global Technical  
Service Nutrition

- 5** After the peppers are cooked, add the tomatoes to cook.



- 6** Add the kashar cheese.



- 7** After that, add the salt and (if you want spices optional) and add 3 or 4 eggs.



- 8** Wait for the eggs to cook. If you like you can mix/scrambled the eggs.

*Enjoy your meal!*



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## COOKBOOK

### Hazelnut chocolate Cake

# HAZELNUT CHOCOLATE Cake

## Ingredients



200g sugar

Vanilla sugar

200g butter



400g hazelnuts



Baking powder



150g chocolate



6 LOHMANN eggs



1

Preheat the oven to 175°C and immediately use the heat generated to melt the chocolate on a heatproof plate

2

Mix the first four ingredients until the sugar is properly dissolved







## **Dr. Matthias Voss**

Veterinary Scientific  
Director

- 3** Mix the ground hazelnuts with the baking powder into the butter
- 4** Add the melted chocolate and pour the (quite soft) mixture into a baking pan
- 5** Bake at 175°C for one hour. After about 20 minutes, put a piece of aluminum foil over it so that it does not get so dark



## Ingredients



1/2 cup diced yellow onion

1/2 cup diced red bell pepper



1 jalapeño

2 teaspoons minced garlic



1 teaspoon ground cumin

1 teaspoon smoked paprika



1/4 teaspoon ground cinnamon

1/4 teaspoon allspice



2 tablespoons harissa

28 ounce crushed tomatoes



15 ounce chickpeas

1 teaspoon lemon zest



2 tablespoons chopped cilantro

5 LOHMANN eggs



Naan or crusty bread for serving

# MOROCCAN BAKED EGGS with Chickpeas

1

Preheat oven to 375 degrees F.

2

Heat a large skillet over medium-high heat.

3

When the skillet is hot add in a couple teaspoons of olive oil and swirl around the bottom of the pan.

4

Add in the onion, red bell pepper and jalapeño and sauté until they soften, about 2 minutes.

5

Add in the garlic, spices, kosher salt and fresh ground black pepper and sauté for another minute.





- 6** Stir in the harissa, crushed tomatoes, lemon zest and chickpeas until everything is combined.
- 7** Turn the heat down to low and simmer for 6–8 minutes or until the sauce has thickened slightly and everything is heated through. Stir in the cilantro.
- 8** Crack the eggs into the skillet over the sauce and season with kosher salt and black pepper.
- 9** Place the entire skillet in the oven and bake until the eggs are just set, 7–10 minutes.
- 10** Sprinkle with cilantro and serve with warm naan or crusty bread.



## **Mohammed Chairi Ben Hlima**

Business Development  
Manager Africa &  
Middle East



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## COOKBOOK

### Tanzanian Chips Mayai

# TANZANIAN CHIPS MAYAI

## *French Fries Omelette*

### *Ingredients*



Olive oil

French fries



2 LOHMANN eggs

Salt to taste



1

Make yourself a good amount of French Fries or use store bought (I made my fries myself, just the way I like them)

2

In a bowl whisk the eggs, add salt and pepper to taste. Add French fries to the bowl and mix it all well





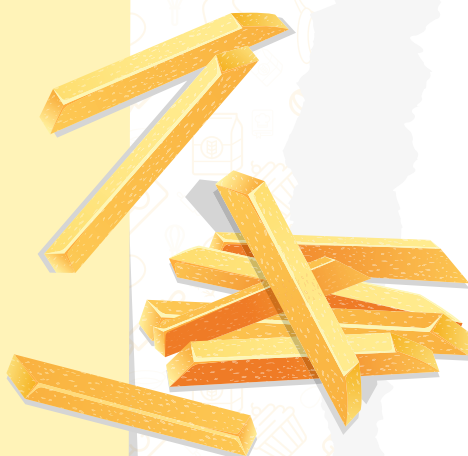


## **Viola Holik**

Sales & Technical  
Service Africa

- 3** In a pan heat oil and add the fries-egg mixture to it. Cook for 3-4 minutes until golden from bottom then flip and cook the other side
- 4** Serve hot with your favorite chili sauce. bread or have it as is...

***Enjoy!***





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COOKBOOK

Pão de Queijo Brazilian Cheese Bread

# PÃO DE QUEIJO *Brazilian Cheese Bread*

## Ingredients



5 cups of sweet  
cassava starch



2 cups of milk



1 cup of oil

5 cups of  
Mozzarella cheese



1 tablespoon of salt

4 LOHMANN eggs



1

In a bowl, put the sweet cassava starch and leave it there.

2

Put the milk, oil and salt in a pan to boil. After start boiling, add these ingredients in the bowl with the sweet cassava starch.

3

Mix well and let it cool down. A wooden spoon can be used to mix the ingredients.

4

After cooling, add the crushed mozzarella and mix well again.





## **Matheus Bocchini Rodrigues Alves**

Sales & Technical  
Service Latin America

- 5** Add the EGGS one by one, kneading the dough until it becomes sticky (the dough is soft and sticking to the hands).
- 6** Place it in the fridge for 40 minutes. This period the dough stays in the fridge, makes it easier to make the balls by hand, because the dough is less sticky in the hands.
- 7** Take it out of the fridge and make balls. Grease your hands with oil when making the balls.
- 8** Place the balls in a baking dish in the oven for 35 minutes or until golden on top of the cheese bread.

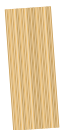


## Ingredients

6 egg yolks from fresh LOHMANN eggs, just out of the fridge



400g of long pasta, such as spaghetti, or fettuccine, or linguine.



Or else, rigate and mezze maniche are also used

160g of guanciale (cheek bacon)



120g of (dry) pecorino romano cheese, grated



# Pasta alla CARBONARA

1

Whisk the yolks with the grated cheese into a paste. A pinch of salt can be added, but not much, as more saltiness will come from other ingredients.

2

Slice the guanciale and cut the slices it into 1-2cm strips. Fry it on medium/low heat in a large frying pan, until the strips are somewhat transparent and crisp. Remove from the heat.

3

Cook the pasta in boiled, generously salted water, according to manufacturer's instructions for *al dente*. Before straining the pasta, save a cup of the starchy water.

4

Strain the pasta and quickly add it to the frying pan with the guanciale (everything away from the heat, from now on). Mix it well with the guanciale and its melted fat. Transfer it to a mixing/serving bowl.





- 5** Pour half a cup of the pasta starchy water into the bowl and add the yolk & cheese paste. Now mix the yolk paste and the pasta vigorously, beating to emulsify the paste in the water. If needed, use some more of the pasta water. Soon you will have a yellow creamy emulsion, and it is ready to be served.
- 6** If wanted, top with cracked pepper and more grated pecorino.

*This is the pasta alla carbonara, an Italian dish with eggs that has gained popularity worldwide, but often misrepresented. Perhaps the most common sin is the use of cream or milk. Carbonara is dairy free. Actually, this is the reference you should look for when checking an Italian restaurant menu: if their "carbonara" has cream, you should leave.*

*No onions or garlic, no mushroom or herbs. Of course you can top with maybe parsley, nice taste, but this is digressing from the recipe. And don't even think of coriander: that would be truly an abomination.*

*A few variations are reluctantly accepted by Italian traditionalists, naturally with plenty of controversy:*

*Whether it's durum wheat or egg pasta, it doesn't matter.*

*The addition of a single egg white is highly debatable, but some people do like to include one albumen.*

*Under a storm of criticism, pecorino Romano cheese can be partly or totally replaced by parmesan or Grana Padano, or other pecorinos as Sardo or Toscano.*

*Guanciale has already black pepper in it, so the ground pepper is optional.*

*And finally, only if you cannot find guanciale, try pancetta and don't tell your guests. You could be lucky and get away with it.*



## Eduardo Bernardi

Bus Development Manager  
Asia Pacific



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## COOKBOOK

### Nargisi Kofta

#### Ingredients



½ cup of oil

1 cup onion pureed



1 tbs ginger  
garlic paste

1 cup pureed  
tomatoes



½ tbs red chili  
powder

1 ½ tsp coriander  
powder



¼ tsp turmeric  
powder

¼ tsp cumin  
powder



4 LOHMANN eggs

1 ½ tsp salt  
or to taste



½ cup yoghurt

3 – 4 green chilis



2 tbs coriander  
green

1 tsp whole  
spices powder



# NARGISI KOFTA

1

Put ½ cup of oil in a pan

2

Add 1 cup onion pureed and cook for 2 minutes

3

Add ginger garlic paste and saute.

4

Then add pureed tomatoes, red chili powder, coriander powder, turmeric powder, cumin powder and salt.

5

Mix and cook until oil separates







**Dr. Sohail  
Habib Syed**

Sales and Technical  
Service Asia

- 6** Then add  $\frac{1}{2}$  cup yoghurt
- 7** Cover the pan and cook for 6 – 8 minutes
- 8** Put in mince gg balls, green chilis, green coriander and whole spices powder
- 9** Cover the pan and cook on low flame for 10 – 12 minutes



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## COOKBOOK

Mimosa salad popular in Rusia

# *MIMOSA SALAD* *popular in Rusia*

## Ingredients



240 g canned fish



2 potatoes



1 carrot

1 onion



2 LOHMANN eggs

mayonnaise



salt

1

Hard-boil eggs (8–10 minutes), cool in cold water and peel.

2

Wash potatoes and carrots thoroughly and boil until tender (25–30 minutes over low heat). Cool and peel.

3

Cut the potatoes into small cubes and Grate carrots on a coarse grater.

4

Separate the yolks from the egg whites. Crumble the yolks.





## Sergey Kulagin

Sales & Technical  
Service C.I.S.

**5** Peel the onion, cut into small pieces. Then open a jar of canned fish. Mash the fish in a jar with a fork along with oil and bones.

**6** Spread the Mimosa salad in layers.



- First lay out the canned fish
- Then onions
- Next is potatoes
- Then a layer of mayonnaise
- Next is the carrot
- Mayonnaise again
- Next is the egg white.
- Salt to taste and brush with mayonnaise
- And on top – crumbled yolks

*Cover the Mimosa salad, place in the refrigerator for 2-3 hours, and then serve.*





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## COOKBOOK

### Crumpled egg

# CRUMPLED EGG

## Ingredients



4 LOHMANN eggs

Salt, pepper and oil



1

Cook for 9 minutes

2

Let them cool and then skin them



## Fried eggs



# FRIED EGGS



**Aleksei Osipov**

Sales & Technical  
Service C.I.S.

- 1 Break it into a frying pan
- 2 Cook until tender





## Ingredients


10 LOHMANN eggs,  boiled for 10 minutes

 3-4 tsp mustard


Salt and pepper 

 2-3 tbsp Soup

Approx. 300 ml olive oil 

 Lemon juice or white wine vinegar

Chives 

 3-4 tsp capers (if you like)

Of course, the "Bolzano sauce" tastes best with our good LOHMANN eggs!!

# BOLZANO SAUCE with asparagus

1

Boil the LOHMANN eggs for 10 minutes. Then rinse them in cold water. Peel the LOHMANN eggs and separate the yolks from the whites.



2

Finely chop the egg white and put the yolk in a bowl. Slowly and strongly stir in the oil so that it forms an egg mixture. To make it a little creamier, you can add some vegetable or meat bouillon.



3

Then mix in the finely chopped egg white and season everything with mustard, salt, pepper, capers and lemon juice or the white wine vinegar and finally mix in the chives.







It also tastes very good on bread!

#### Why "Bolzano sauce"?

Bolzano sauce is an egg-based asparagus sauce that is served with asparagus in my home town of Bolzano and the surrounding area. Bolzano is the capital of South Tyrol and the region is known for its asparagus cultivation.

4

And the "Bolzano sauce" with the delicious LOHMANN eggs is ready!!!



5

Serve the Bolzano sauce with fresh asparagus, potatoes, and ham.



## Andrea Callwitz

Head of Marketing  
Global Marketing & Events



LOHMANN  
BREEDERS

## COOKBOOK

### Parmesan Stars

#### Ingredients



250 g flour

125 g butter,  
cold in flakes



2 LOHMANN eggs

100 g parmesan



Oil, salt and  
pepper

1 tbsp herbs  
de Provence



200 g tomatoes,  
dried, in oil

30 olives  
without stone



80 g cream cheese

1

Knead the flour, butter, eggs and Parmesan with salt, herbs and a little ground pepper into a shortcrust pastry.

2

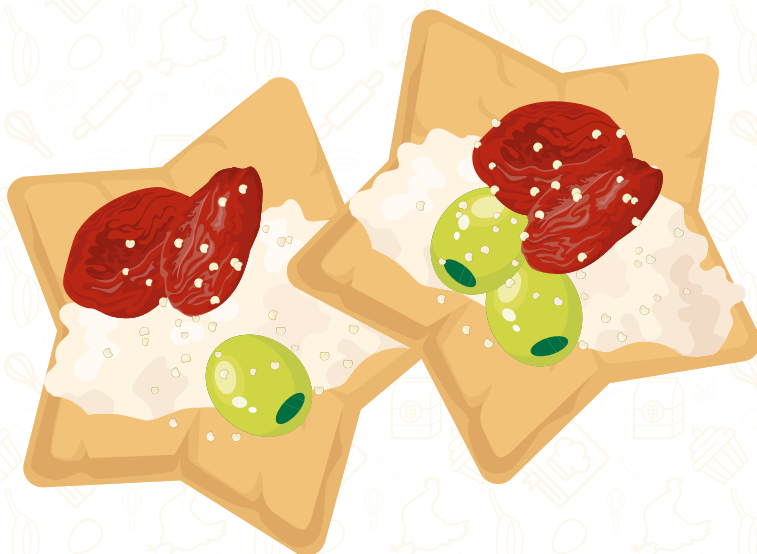
Wrap the dough in plastic foil and leave to rest for at least 1 hour (better overnight).

3

Roll out the dough on a floured work surface to a thickness of approx. 5–6 mm and cut out stars as large as possible (approx. 9 cm) in diameter. The dough will contract slightly during baking.

4

Place the stars on a baking tray covered with baking paper and bake for approx. 20 – 25 minutes at 180 degrees. Leave to cool slightly.





**5** Meanwhile, cut the well-drained tomatoes into fine strips

**6** Put a little cream cheese on each of the cooled Parmesan biscuits, place an olive on top, then add a few tomato strips.

**7** Finally, sprinkle a little sliced Parmesan over the top.



**Nicole Rehse**

PR/Communication





LOHMANN  
BREEDERS

## COOKBOOK

### Grilled Peppers with scrambled eggs

#### Ingredients

3 LOHMANN eggs



3 peppers

Cheddar



Salt

Pepper



Parsley

# GRILLED PEPPERS *with scrambled eggs*

1

First, cut off the tops of the three peppers. Then remove the seeds and the white skin.



2

Add two eggs to each pepper and season with salt, pepper and freshly chopped parsley.





3

Then scramble the eggs in the peppers with a fork and sprinkle some cheddar on top.



4

Finally, place the peppers on the barbecue at approx. 180 °C for 20–25 minutes. Your savoury barbecue snack is ready.



**Jan Kraßmann**  
Online-Marketing

*Enjoy your meal!*



# Eggs in MUSTARD SAUCE

## Ingredients

-  350 grams of potatoes
-  1/2 teaspoon of salt
-  8 LOHMANN EGGS
-  2 onions
-  30 grams of butter
-  4 teaspoons flour
-  500 ml milk
-  200 grams of mustard
-  1 teaspoon of sugar
-  1 teaspoon parsley
-  200 ml broth

*Mustard sauce and egg according to this German recipe is a perfect family dish: Few ingredients, quickly prepared and super tasty! This is how you will succeed in preparing hearty home cooking meal.*

1

**Peel the potatoes and heat a pan with salted water in the meanwhile. Then boil the potatoes in it.**

**Simultaneously, put the eggs in another pan and boil them as well**



2

**While both are cooking, dice the onions, heat some butter in a pan and sauté the onions in it.**

**Afterwards put the milk in a bowl and stir in the flour. Pour into the pan with the onions, bring to the boil.**







3

Then add salt, pepper, sugar, broth and mustard and let everything boil down until thick



4

Peel the boiled eggs and add them to the sauce. Divide the potatoes among the plates, add the mustard and the sauce and garnish with the parsley. Transfer it to a mixing/serving bowl.



**Jessica Korella**  
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# Imprint

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