

World Egg Day 2024: United by Eggs

On Friday 11 October, egg lovers worldwide will come together to celebrate the remarkable power of eggs and how they can bring people together.

World Egg Day, celebrated on the second Friday of October each year, invites people from all backgrounds to appreciate and honour the exceptional contributions eggs make in supporting communities worldwide.

Eggs have a unique ability to bring families and communities together. They are a staple in countless cuisines within every continent. From bobotie in South Africa to shakshuka in Tunisia, a delicate quiche in France to Tamago Sushi in Japan; eggs play a central role in meals globally. Through the enjoyment of eggs, people around the world can find common ground and a sense of connection.

Whether in family breakfasts, festive celebrations, or community meals, eggs bring people together, fostering connection and tradition. The South African Poultry Association (SAPA) will share this special day with the country via an insert sponsorship on S3's Espresso Morning Show, delicious recipe videos on Zola Nene and Sifo the Cooking Husband's social media pages as well as an exciting competition on SAPA's Facebook page [EGGcellentFood](#) and Instagram page [eggcellentfoods](#)

Eggsellent By Lebo, a 100% black women and youth owned farm, will be celebrating World Egg Day 2024 by holding an egg cookery demonstration in a local shopping centre, hosted by an up and coming South African chef, @meals.with.theloudpedigirl .

World Egg Day is more than a celebration of a household commodity; it's a recognition of the common bonds that connect us all through the universal appeal and benefits of eggs.

Packing a high punch as a source of affordable quality protein, healthy fats, and a host of vitamins and minerals that together support muscle growth, bone health, brain function, immunity, weight management, and decrease the risk of many lifestyle diseases, there is no doubt that eggs play an important part in our daily nutrition. So much so, that the South African Food Based Dietary Guidelines recommends that we include eggs as part of a healthy and balanced diet.

Like [EGGcellentFood](#) on Facebook and follow us on Instagram [eggcellentfoods](#) , for further information and recipes visit www.sapoultry.co.za

Make-ahead Ham and Egg Sandwich Bake

The perfect, casual, family sharing meal

Serves 4

Preparation time: 20 minutes

Cooking time: 35 minutes

Ingredients:

- 8 slices white/brown bread
- Soft margarine or butter, for spreading
- 4 slices sandwich ham
- 300 g ball mozzarella, grated
- 3 eggs
- 250 ml milk
- 5 ml (1 tsp) mustard powder
- Salt and pepper
- Handful thyme (optional)

Method:

1. Spread the bread with butter/margarine and make sandwiches with the ham and mozzarella, reserving a handful of mozzarella for sprinkling on top. Slice each sandwich into 2 triangles. Arrange in a 16 cm x 25 cm baking dish.
2. Beat together the eggs, milk and mustard. Season with salt and pepper. Gently pour all over the sandwiches. Cover and refrigerate overnight to soak.
3. Preheat the oven to 180°C. Bake the dish for about 30 minutes or until the liquid has set.
4. Sprinkle over the remaining mozzarella and bake under a hot grill for about 5 minutes or until the cheese has melted and started to brown in places. Scatter over thyme.

Variations:

- Scatter over 200 g diced bacon just before baking.
- For a South African twist, replace the ham with 50 g biltong powder. To serve, scatter over a handful of sliced biltong and serve with atchar or chutney.



IMAGES TO BE CREDITED TO THE SOUTH AFRICAN POULTRY ASSOCIATION

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DATE	10 October, 2024