

It's National Deviled Egg Day

Did you know the deviled eggs had it's own day? Well it does! And today is the day. Every November 2 is the celebration of a tasty treat that has evolved over the centuries.



Stuffed eggs can be found as far back as the 4th century A.D. in Rome. Typically made with olive oil (wasn't everything in Rome back then?), broth or wine. They were served before the main meal. An Andalusian cookbook (that's where Spain is now) from the 13th century has you pound the egg yolks with spices – like onion juice, cilantro and a sauce made from fish.

It wasn't until the early 19th century that the term “deviled” came in – and that was used to describe spicy seasonings added to the mix. Before that they were known as “dressed eggs”, “salad eggs”, or “mimosa eggs”. And just before the turn of the century, in 1896, the Boston Cooking School cookbook suggested the use of mayonnaise to bind them.

So in honor of the amazing Deviled Egg, here are three recipes to try! But those are just my ideas – How about you add your own? Just think of the possibilities!

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