

OKLAHOMA
AGRICULTURAL AND MECHANICAL COLLEGE
STILLWATER, OKLAHOMA

EXTENSION DIVISION
IN COOPERATION WITH
UNITED STATES DEPARTMENT OF AGRICULTURE
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LESSON VI

EGGS

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1—REFERENCES

1. Farmers' Bulletin No. 128, "Eggs and Their Uses as Food", United States Department of Agriculture, Washington, D. C.

2—DIETETICS

Eggs are protein food. The white is almost pure protein. The yolk is made up of some fat, mineral salts and a form of carbohydrate. Eggs also contain a large amount of water. Because the food material in eggs is largely protein they are used to build up and repair the muscles of the body. Eggs are a good substitute for meat. They are good food for children and grown people. They should be eaten in combination with foods largely composed of carbohydrates and cellulose materials.

Menu Using Eggs

Spinach Corn Bread	Creamed Eggs	Stewed Tomato Butter
	Rice Pudding	

3—COMPOSITION OF EGGS

	Water	Protein	Fat	Calories
Whole egg	73.7	13.4	10.5	670
The white	49.5	15.7	33.3	1645
The yolk	86.2	12.3	.2	230

4—PREPARATION OF EGGS

Eggs are a protein food. Protein foods should be cooked at a low temperature. Fried eggs are not wholesome because they are heated too hot. This makes them tough and takes longer for digestion. Beating eggs mixes air with the egg. When beaten eggs are heated the air expands or takes up more room. This stretches the covering of egg. This is the reason why cake dough rises when put into the oven. It is also the reason why omelet rises when being cooked. As the egg is heated it hardens and will hold the shape that it has when hardened. If it is not hardened enough it will shrink back as the food cools. This is what makes mixtures fall when taken out of the oven too soon. When mixtures containing beaten eggs are heated too fast the outside will harden before the inside of the mixture has a chance to rise. This will make the food heavy or else the inside will press on the cooked outside and crack it open. This spoils the looks of a cake.

5—AIM OF THIS LESSON

1. To teach the use of eggs in the diet.
2. To teach the principles of cooking eggs so that they will be most wholesome.

6—RECIPES

(1) Creamed Eggs.

1 cup milk	1 level tablespoon butter
2 level tablespoons flour	$\frac{1}{2}$ teaspoon salt
$\frac{1}{8}$ teaspoon pepper	

Thicken the milk with the flour and butter mixed. Season with salt and pepper. To this add four hard-boiled eggs that have been cut into cubes. Serve hot.

(2) French Omelet:

4 eggs	$\frac{1}{2}$ teaspoon salt
4 tablespoons milk	2 tablespoons butter
$\frac{1}{2}$ teaspoon pepper	

Separate the whites from the yolks of the eggs. Beat the yolks slightly and add the milk. Have the butter in an iron frying pan heated quite hot, but not hot enough to burn. Pour the egg mixture into this, cover and let cook slowly until set. Season with salt and pepper. Cut in two crosswise and fold one side over the other. Turn out onto a hot plate and serve.

(3) Economical Omelet:

1 cup milk	1 level tablespoon butter
3 level tablespoons flour	$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ teaspoon pepper	
3 eggs	2 tablespoons butter

Separate the yolks and whites of the eggs. Beat the whites until quite stiff. Stir the yolks of the eggs into the thickened milk after it has cooled slightly. Fold this mixture into the beaten whites. Put the butter in an iron frying pan that is heated hot. Pour the material for the omelet into

the skillet, cover and cook slowly until it is hardened. Cut in half and fold one half over the other. Serve.

FOR TEACHERS

The following is a suggestive plan for developing this lesson and relating it to the other school lessons:

1. Materials needed for this lesson:

One egg.

Beat the white and yolk separately. Notice how much more air can be beaten into the white. Heat each, the beaten white and the beaten yolk. Notice that each hardens, but that they grow some larger as they are heated. The heat is expanding the air. When they harden they keep the form of the air holes through them. If they had not been heated what would they have done? Heat hardens most of the protein in the egg. Why should people cooking eggs be careful not to harden them too much?

If some dish illustrating this lesson is used as a supplement to the school lunch, have each child bring one egg to school and make a French omelet.

2. Suggestions for correlation with other school lessons:

(1) English.—The keeping of notebooks in which the things learned in the lesson are written down and corrected.

(2) Spelling.—Give new words used in this lesson. Define the new words and the use of the same.

(3) Arithmetic.—Ask the price of eggs, milk, flour and butter. Then find how much the omelets cost made from the two recipes for omelet. Which is the cheapest for you?

Eight large eggs weigh about one pound. Find how many calories each of these omelets will furnish.

Which one furnishes the most nourishment? Is it the same one that costs the least?

Nature Study.—Name different eggs that are used for human food. Describe the difference in duck, goose, guinea, turkey and hen's eggs.

