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Methods of
**Egg
Cookery**



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methods of

egg cookery

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Eggs may be served at any meal and in a variety of ways. As one of our protective foods, eggs are inexpensive sources of high quality protein and many of the essential vitamins and minerals.

Eggs are needed in the diet to help build and repair body tissues. They also help to regulate body functions and maintain good health.

One egg will furnish approximately one-tenth the daily requirement for protein for an adult, yet only add 75 calories to the diet.

Eggs in some form should appear in the diet each day.

how to recognize a good egg

A fresh egg is heavy for its size and has a clean shell with a chalky or velvety bloom. When broken out of the shell, the white is thick and firm. The yolk is held in the center and does not flatten out. The odor is fresh and the color good. The color of the yolk will vary somewhat depending upon the type of food that the hen has been fed.

GRADED EGGS: Eggs may be purchased according to grade and size. Grade AA and A are excellent breakfast eggs. They have an eye appealing appearance in a high yolk and firm white.

Grade B (standard) and Grade C eggs have flat yolks and thin whites, but may be used economically for general egg cookery.

All grades are equally nutritious.

The common egg sizes are Large (24 ounces per dozen), Medium (21 ounces per dozen) and Small (18 ounces per dozen). The large eggs are fine for single serving, the medium eggs are good for general use, and the small eggs are excellent for serving small children.

The shell color of eggs will vary from white to brown depending upon the breed of hen. Both white and brown eggs come in the same sizes and qualities and have the same nutritional value.

cool eggs keep best

Store eggs covered in a clean, cool place. Proper refrigeration will help maintain original quality, and covered containers will help prevent absorption of undesirable odors from other foods.

Egg yolks may be stored for future use in covered containers. If the yolks are unbroken, cover with cold water and store in a cool place. If the yolks are broken, they may be beaten and the container covered tightly without the addition of water.

Egg whites may be stored unbeaten in a covered container without the addition of cold water.

serve some eggs today

Eggs may be used in a variety of ways. They may be served "just as eggs," or used in omelets, souffles, scalloped dishes, desserts, or in salads as a main protein dish of the meal. They also serve many different purposes in connection with food preparation. They may be used:

To improve texture, color and flavor.

To serve as an agent for:

Thickening as in custards and sauces.

Binding as in meat loaf.

Coating for holding crumbs, flour or meal in place.

Emulsification, as in making mayonnaise.

Clearing broths and sometimes coffee.

As a leavening agent in sponge cakes and meringues.

Garnish for salads and vegetables.



Hard cooked eggs add a lively note of color to a salad plate besides furnishing vital protein. Cool eggs quickly after boiling to make them easier to shell.

cook eggs this better way

The secret of egg cookery is low to moderate, even heat. Eggs are a protein food and high temperatures will toughen both the white and the yolk. Separation or weeping of the curd will also occur in custards and souffles if they are cooked at high temperatures.

- Break eggs into a dish before using. Seldom will there be a spoiled egg, but it can cause inconvenience and waste in cooking when encountered.

- Prompt cooling of hard cooked eggs after cooking will prevent the green unattractive color forming on the surface of the yolks, and make them easier to shell.

- To prevent curdling when making custards or other dishes that call for hot milk to be added to the egg, mix sugar with the egg and not with the milk. Then add hot liquid or mixtures to the beaten egg a little at a time.

- For greater volume when beating egg whites, have them at room temperature before beating. Addition of cream of tartar (1 tsp. to 1 c. whites) increases stability of beaten whites, but also increases

time required for beating. Addition of sugar will decrease the volume, increase the stability and beating time required, but over beating should be avoided.

Use a light under and over motion to combine beaten egg whites with other mixtures to prevent loss of air that has been beaten into the whites.

Beat egg whites just before they are to be used, as the foam tends to separate and cannot be beaten so lightly again.

Remember that 4 to 6 whole eggs, 8 to 10 egg whites, or 12 to 14 egg yolks are the equivalent of one standard measuring cup.

six ways to cook eggs

hard cooked eggs

1. Use sufficient cold water to cover eggs.
2. Cover and bring to boiling point.
3. Reduce heat and simmer 15 to 20 minutes, or turn out flame and let stand 40 to 50 minutes.

soft cooked eggs

1. Use sufficient cold water to cover eggs.
2. Cover and bring to boiling point.
3. Reduce heat and simmer 3 to 5 minutes.

poached eggs

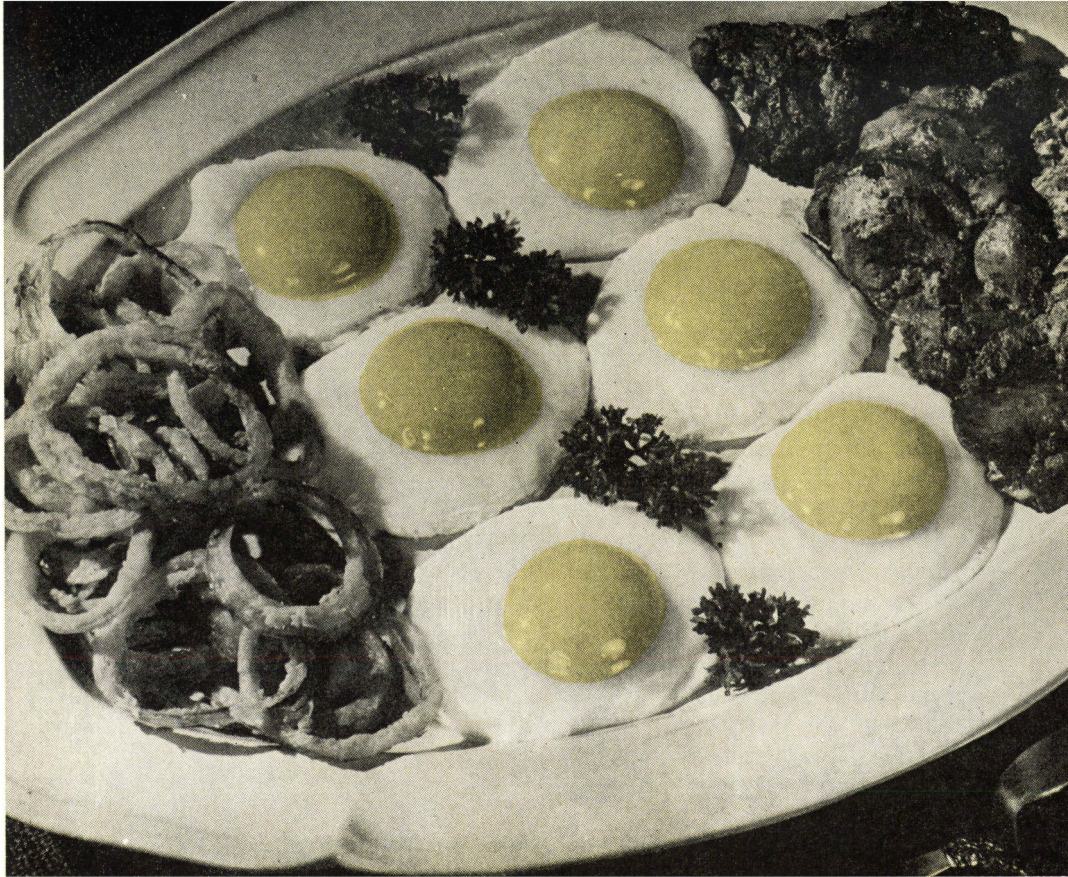
1. Place about 2 inches of water in a shallow pan and bring to boiling point.
2. Reduce heat to hold temperature at simmering.
3. Break each egg into sauce dish and slip egg into water quickly at the surface. (Only fresh eggs poach satisfactorily.)
4. Cook 3 to 5 minutes depending on firmness desired.
5. Remove egg and drain.

baked eggs

1. Place egg in greased ramekin or baking dish.
2. Sprinkle with salt.
3. Place ramekin or baking dish in pan of hot water and bake in preheated oven at 350° F.
4. Bake until white is firm or about 20 minutes.

scrambled eggs

- 2 eggs
1/2 to 1 teaspoon fat
1/4 cup milk (optional)
Salt to taste
1. Beat eggs; add liquid and salt.
 2. Melt the fat in pan over low heat.
 3. Add slightly beaten egg mixture.
 4. Let eggs cook until mixture begins to



Fried eggs, chicken livers and French-fried onion rings combine to make an appetizing main course dish. Use only Grade AA or A eggs for frying.

5. thicken around the bottom and edges.
5. Then lift the masses of egg mixture from edges toward center, scraping egg from bottom of pan. Repeat until entire mixture is of creamy consistency.
6. Serve immediately. The mixture will continue to cook if left in hot pan.

fried eggs

1. Heat 1/2 tablespoon of fat slowly in frying pan being careful not to overheat.
2. Break egg into a small dish and slip into pan carefully.
3. Cook slowly, uncovered or covered. If necessary, baste frequently with fat.

egg omelet--a quick meal

4 eggs
1/4 cup water
1 tablespoon fat

1/2 teaspoon salt
1/8 teaspoon pepper

1. Separate the white from the yolk.
2. Add liquid and salt to egg yolks; beat until thick and lemon colored.
3. Beat egg white until stiff, but not dry.
5. Heat omelet pan, add fat and be sure sides and bottom of pan are well greased. Remove from direct heat.
6. Turn mixture into pan, spread evenly. Place over low heat and cook slowly. Turn pan occasionally to brown omelet evenly.
7. When "puffed" and delicately brown on bottom, place on top shelf of moderate oven (350° F. to 375° F.) and bake until top is firm to touch when pressed with finger.
8. Remove from oven; make an indentation on either side of omelet with spatula and fold.
9. Turn onto hot platter. Serve immediately with or without special sauce.

omelet variations

1. Spread on one half of the omelet just before folding, 1/4 cup cooked, drained vegetable or diced and creamed meat or fish or a rich cheese sauce.
2. Spread omelet just before folding with a tart jelly or jam.
3. Add to omelet mixture (before cooking) minced vegetables, meat or cheese. As: 1/4 cup canned whole grain corn, cooked asparagus, grated cheese or diced cooked ham.

souffle--feather light

4 tablespoons fat
6 tablespoons flour
1 cup milk
3 eggs

1/2 teaspoon salt
1 cup meat, fish, cheese, or
vegetables as desired

1. Melt fat, add flour, blend well and cook over low heat until bubbly.
2. Add milk all at once and cook until thick and smooth, stirring constantly.

3. Separate egg yolks from whites.
4. Beat egg yolks and add the fat-flour-milk mixture slowly. Add other ingredients as desired.
5. Fold in stiffly beaten egg whites.
6. Pour into greased baking dish, filling about $\frac{2}{3}$ full. Set in pan of hot water. Bake 30 to 35 minutes in slow oven (350° F.) until puffy and delicately brown. (In testing for doneness a knife inserted into the center of souffle will come out clean).

souffle variations

Add to souffle mixture (before cooking) 1 cup grated cheese, cooked, chopped spinach, flaked salmon or other cooked vegetable or meat mixtures.

egg custard

2 cups milk
2 eggs
1/4 cup sugar

1/8 teaspoon salt
1/2 teaspoon vanilla

1. Scald milk.
2. Beat eggs with a fork until thoroughly mixed. Add sugar and salt.
3. Pour scalded milk slowly over the egg mixture, stirring constantly.
4. Cook in one of the following ways, after straining.

baked custard

Add flavoring and pour mixture into baking dishes. Place in pan of hot water and bake in moderate oven 350° F. until custard is firm and jelly-like. Use knife test for doneness. Remove from water immediately to prevent continued cooking.

soft custard

After combining the egg mixture, return to double boiler and cook over simmering water; stirring constantly until mixture thickens and coats a metal spoon. Remove from hot water; add flavoring and pour into serving dish and chill.

custard variation

1. Add 1/4 cup raisins or chopped dates to the basic recipe.

2. Caramelize the sugar and mix according to basic recipe. Add 1 tablespoon additional sugar per cup of milk because caramelizing the sugar reduces its sweetening power.

deviled eggs

6 hard-cooked eggs
1 teaspoon vinegar or
pickle juice
1/4 teaspoon dry mustard
2 to 4 tablespoons salad dressing

1/2 teaspoon salt
1/2 teaspoon Worcestershire
sauce
1/4 teaspoon scraped onion
(if desired)

1. Peel and cut eggs in half lengthwise. Remove yolks.
2. Mash yolks with fork or press through a sieve. Add seasonings and enough salad dressing to moisten. Mix well.
3. Refill whites with yolk mixture.
4. Serve with salad dressing on lettuce or other greens.

deviled eggs as a main course

1. Cover with cheese sauce and bread crumbs, and bake at 350° F. for 20 minutes.
2. Serve on bed of noodles and cover with hot mushroom sauce.
3. Combine with white sauce and serve on toast.

french omelet

3 eggs
3 tablespoons milk or water

1 tablespoon fat
Salt to taste

1. Beat eggs; add salt and liquid; mix well.
2. Pour into a frying pan containing melted fat and cook over low heat.
3. Lift the egg mixture with a spatula, to let the uncooked part run underneath until the omelet is of a creamy consistency. Do not stir.
4. Brown lightly on the bottom.
5. Carefully loosen edge. Fold in half or roll.
6. Turn onto platter. Serve immediately.

french toast

3 eggs, slightly beaten
1/2 teaspoon salt
1 teaspoon sugar

1 cup milk
6 to 8 slices (2 to 3 days old) bread
Fat for frying

1. Combine eggs, salt, sugar and milk in a shallow dish.
2. Dip bread in egg mixture turning to moisten.
3. Brown on one side on well greased griddle or frying pan, turn and brown the other side. Add fat as necessary to keep from sticking.
4. Serve with syrup, jam, honey, confectioners' sugar or fruit.

egg creole--southern treat

1/4 cup chopped onion
 1/4 cup green pepper, chopped
 2 tablespoons fat
 2 1/2 cups tomatoes

2 cups water
 1 cup uncooked rice
 6 hard cooked eggs
 Salt and pepper

1. Cook onion and green pepper in fat until onion is lightly browned.
2. Add tomatoes and water; bring to boiling.
3. Add the rice, cover tightly, turn flame low and cook slowly (20 to 22 minutes) until rice is tender.
4. Season with salt and pepper. Turn into baking dish.
5. Quarter hard cooked eggs and place on top of creole rice. Cover and heat until eggs are hot.

eggnog

2 eggs, separated
 1/4 cup sugar
 1/4 teaspoon salt

2 cups milk
 1 teaspoon vanilla

1. Add salt to egg whites and beat until foamy.
2. Add sugar gradually, continue beating until shiny and whites form soft peaks when beater is withdrawn.
3. Beat yolks and vanilla until well blended. Fold into egg whites.
4. Add milk. Yield: 3 cups.

scalded milk eggnog

1. Scald milk. Add sugar and salt to egg yolks and blend thoroughly.
 2. Gradually stir in milk. Cook in double boiler stirring constantly until mixture coats a metal spoon. Chill.
 3. Fold in stiffly beaten egg whites and vanilla.
- Yield: 3 cups.

meringue

2 egg whites
1/4 teaspoon salt

4 tablespoons sugar
1/4 teaspoon vanilla

1. Beat egg whites to a foam, add salt and 1/4 of the sugar. Beat thoroughly. Add vanilla.
2. Continue adding sugar, 1 tablespoon at a time, beating thoroughly after each addition. Beat to a stiff foam until the mixture stands in peaks.
3. Spread quickly and lightly on a pie, or drop by spoonfuls on 1/2 inch hot water in a shallow baking pan.
4. Bake in a moderate oven (350° F.) until delicately browned, 15 to 18 minutes.

corn pudding

3 eggs, separated
2/3 cup milk
1 1/2 teaspoon salt
1/8 teaspoon pepper
1 1/2 teaspoon sugar

1 1/2 tablespoons flour
2 tablespoons chopped green pepper
1 pint whole kernel corn
1 can Vienna Sausages

1. Beat egg yolks well. Add milk, seasonings, sugar and flour. Mix well.
2. Add green pepper and drained corn.
3. Fold in stiffly beaten egg whites. Pour into 2 quart casserole.
4. Bake in moderate oven (350° F.) for 45 minutes. Garnish with Vienna sausages that have been browned lightly in fat.

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