

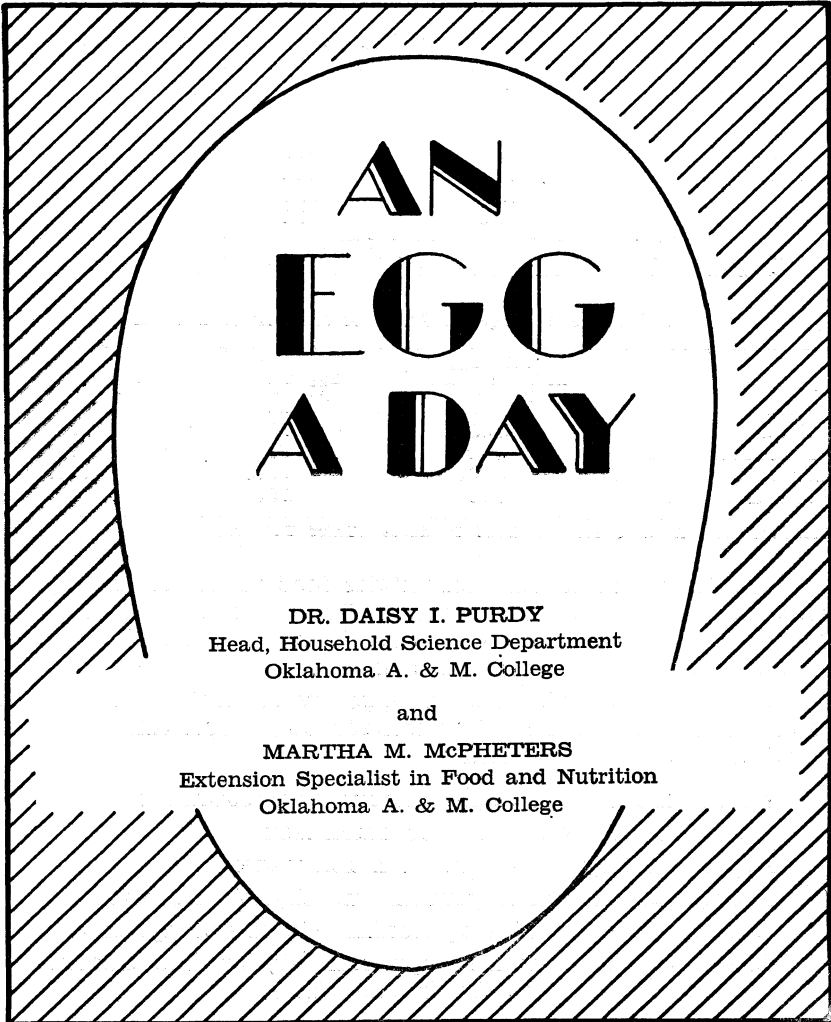
**COOPERATIVE EXTENSION WORK
IN
AGRICULTURE AND HOME ECONOMICS
STATE OF OKLAHOMA**

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OKLAHOMA AGRICULTURAL AND
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AN EGG A DAY

It is a proven fact that eggs are "more nearly interchangeable with milk in nutritive value than is any other food." Eggs rank with milk as a source of vitamins and while not so rich in calcium as milk, they are richer in iron.

The following tables give you the percentage composition of the edible portion of eggs:

TABLE I.—Composition of Whole Eggs, Egg Yolk, and Egg White.

	Whole Egg Edible Portion Percent	Egg Yolk Percent	Egg White Percent
Water -----	73.7	49.5	86.2
Protein -----	13.4	15.7	12.3
Fat -----	10.5	33.3	0.2
Ash -----	1.0	1.1	0.6

Compiled from C. E. Longworthy: "Eggs and Their Use as Food."
U. S. D. A. Farmers' Bulletin 128, and Farmers' Bulletin 1901.

TABLE II.—Percentage of Some of the Minerals in Eggs

	Whole Egg Edible Portion Percent	Egg Yolk Percent	Egg White Percent
Calcium -----	0.06	.13	.01
Phosphorus -----	0.22	.59	.01
Iron -----	0.003	.0086	.0001
Sulphur -----	0.19	.157	

Compiled from H. C. Sherman: Food Products. (Third Edition.)

The following comparison of the food value of milk and eggs, worked out from the Table of Food Equivalents, found in Sherman's Chemistry of Food and Nutrition (Fourth Edition) should be of practical value in egg cookery.

Two and one-half medium eggs are equivalent in calories to one cup of whole milk, but contain only approximately one-third as much calcium, and

Approximately the same amount of phosphorus.

Approximately five times as much iron.

Approximately two-fifths as much water.

Nearly twice as much protein and slightly more fat.

One egg yolk contains approximately one teaspoon fat.

One whole egg contains approximately two tablespoons water, found mostly in the white.

Experimental work has shown that one whole egg has the thickening power of approximately two tablespoons of flour.

Eggs are an important source of vitamins A and D, and a good source of vitamins B (B_1) and G (B_2). Vitamins A and D are found principally in the yolk, as is also the iron. It has been proven that the proteins of milk and eggs are the best proteins for growth.

Nutritionists are generally agreed that the addition of at least an egg yolk a day to an otherwise adequate diet is a thing greatly to be desired for the growing child. The additional protein, vitamins A and D, as well as the additional iron, which it provides, makes for a better all-'round nutritional condition of the child. Naturally, what is so desirable for the growing child is good for the adult as well.

Egg cookery is protein cookery, therefore, it is necessary to follow the principles of protein cookery in preparing eggs. This means that they are cooked at a moderately low temperature to prevent them from becoming tough. Baked dishes containing a large percentage of eggs are always placed in a pan of hot water before being put in moderate oven. Eggs may be poached, cooked in the shell, fried, baked (or shirred) scalloped, scrambled, made into omelets, souffles, custards, and into numerous other dishes.

Below are given a few suggestions of ways to serve eggs which will no doubt suggest other ways to you:

Eggs Cooked in the Shell

Use enough water to completely cover the eggs, and bring water to the boiling point. Place eggs in water and cover kettle. Keep water at simmering temperature, by pushing to back of stove or setting off of stove. For soft cooked eggs, cook about five to seven minutes. For medium cooked eggs, cook about ten to twelve minutes. For hard cooked eggs, cook about thirty minutes.

Scalloped Eggs

Six hard cooked eggs, one-half cup thin white sauce or thick sweet cream, salt, pepper, one-fourth cup buttered bread crumbs. Quarter the eggs lengthwise, and arrange in layers in a shallow buttered baking dish. Sprinkle each layer with salt and pepper, and add a part of the white sauce or cream. Sprinkle each layer with buttered crumbs. Place in a moderate oven for ten or fifteen minutes to heat through and brown crumbs. Serve hot.

Thin White Sauce

1 cup milk
1 T. flour

2 T. butter
 $\frac{1}{2}$ t. salt

Scald milk. Melt fat, add flour and seasonings. When blended, pour on hot milk gradually, stirring constantly. Cook over hot water fifteen minutes.

Golden Rod Eggs

Four hard-cooked eggs, six slices of toast, three table-
spoons butter, three tablespoons flour, two cups milk, one-half
tablespoon salt, pepper, and a sprig of parsley. Mince egg white
finely, with a silver fork, and season well. Force yolks through
a sieve and season. Add white to hot white sauce made of fat,
flour, and milk, and pour over toast. Pile yolks lightly over
the top. Garnish with parsley. Serve for luncheon.

Peas a la Golden Rod

Prepare as Golden Rod Eggs, but add three-fourths to one
cup of English peas to white sauce before adding minced egg
whites.

Creamed Eggs

Same ingredients as for Golden Rod Eggs. Cut whole eggs
in eighths, lengthwise. Heat without stirring in the white sauce.
Pour over toast. A good variation is to add curry powder to
taste to white sauce of creamed eggs.

Creamed Stuffed Eggs

Prepare six hard cooked eggs. Peel, cut into halves
lengthwise, remove yolks, mince yolks with fork and add any
desired seasonings, as one-half teaspoon salt, one-half tea-
spoon pepper, two to three tablespoons salad dressing, one-half
teaspoon minced onion. Mix well and then restuff the whites.
Place the eggs in baking dish and pour over them a white sauce
made from three tablespoons butter, three tablespoons flour,
two cups milk, and one-fourth teaspoon salt. Sprinkle with
four tablespoons buttered crumbs. Place in hot oven and
brown. Serve.

Egg Cutlets or Croquettes

Six hard cooked eggs, one cup milk, five tablespoons flour,
one tablespoon chopped parsley, one teaspoon onion juice, one
and one-half teaspoon salt, one-fourth cup butter (more if milk
is used), few gratings of nutmeg, and one-eighth teaspoon
pepper. Make a white sauce of butter, flour and milk, and
seasoning. Add eggs, cut into pieces, chill thoroughly and
form into croquettes or cutlets, roll in fine breadcrumbs, then
in beaten egg mixed with a little water, then in crumbs again.
Fry in hot, deep fat.

Egg Sandwiches

Three hard-cooked eggs, two tablespoons grated cheese, and three to four tablespoons of salad dressing. Mince hard-cooked eggs, add grated cheese, (cheese may be omitted), moisten with salad dressing or mayonnaise. Spread between slices of buttered bread. Lettuce may be used if desired. For children's lunches one may just mix hard cooked eggs with a little salad dressing, and spread on buttered bread.

Egg and Meat Sandwich

Four hard-cooked eggs, minced; one diced cooked chicken (other meat or fish may be substituted), two tablespoons finely diced pickle, one-third cup salad dressing or mayonnaise (one teaspoon scraped onion, a bit of vinegar, or other seasoning may be added as desired). Mix all together well. Use enough salad dressing to moisten. Put on lettuce leaf between two slices of buttered bread.

Cheese Souffle

3 T. butter	5 T. flour
1 c. milk	1 t. salt
Cayenne pepper	1 c. American cheese
3 eggs	(grated)

Make sauce of first five ingredients. Add cheese and remove from fire. Beat until cheese is melted. Add yolks of eggs beaten until lemon colored. Cool mixture slightly. Cut and fold in stiffly beaten whites of eggs. Pour into buttered baking dish. Bake 50 minutes in moderate oven (350° F.) with dish in pan of hot water.

Variations of Souffle Recipes.—Use cheese souffle recipe, but omit the cheese and add one of the following:

For Vegetable Souffles.—Add one cup finely chopped vegetable, as (1) spinach, (2) carrots, (3) onions, (4) peas. Vegetables may be sieved if desired, but it is not necessary. The addition of two tablespoons grated cheese and two tablespoons scraped onion enhances the flavor. One or two tablespoons of minced green pepper, parsley, or pimento may be added for flavor or color, if desired.

For Meat or Fish Souffles.—Add one cup of finely chopped or flaked cooked meat or fish with a bit of onion for seasoning. Liver, chicken, salmon, tuna fish, crab meat, or veal may be used. Use additional seasonings, as desired.

Dessert Souffles

1. *Chocolate Souffle*

5 eggs	½ c. fine dry bread
2 T. flour	crumbs
2 T. butter or fat	½ c. sugar
¾ c. milk	1 t. vanilla
1½ squares unsweetened chocolate	½ t. salt

Melt the fat, blend the flour with it, add the milk, and cook until thickened, stirring constantly. Melt the chocolate over steam, and add to the white sauce, together with the bread crumbs and sugar. Add the hot mixture to the well-beaten egg yolks and beat thoroughly. Add the vanilla. Fold the hot mixture into the stiffly beaten egg whites containing the salt. Bake in a greased dish in a very moderate oven (300° F.) for one and one-fourth hours, or until the mixture is well set in the center. Serve hot with hard sauce.

Hard Sauce

⅓ c. butter	⅔ t. vanilla
¾ c. granulated sugar	

Cream butter, add sugar gradually, stirring constantly. Add the vanilla and mix well.

2. *Jelly Souffle*

1 glass jelly	⅓ c. chopped nuts
3 egg whites	

Melt the jelly and while very hot add gradually to the stiffly beaten egg whites. Fold the nuts in carefully. Turn in a buttered baking dish. Set in a pan of hot water and bake in a moderate oven for fifteen or twenty minutes. Serve hot or cold with soft custard or whipped cream. Tart jellies such as plum, grape, blackberry, made without commercial pectin, give better results and flavors.

Soft Custard

4 c. milk	4 eggs
½ c. sugar	¼ t. salt
½ t. vanilla or nutmeg	

Scald the milk (use double boiler, if possible). Beat eggs slightly, add sugar and salt. Gradually add hot milk to egg mixture, stirring constantly. Return to double boiler and cook at low heat, stirring constantly, until mixture coats a spoon. Remove from fire and hot water immediately, and add vanilla. More eggs may be used if desired.

Baked Custard

4 c. milk	4 eggs
½ c. sugar	¼ t. salt
½ t. vanilla or nutmeg	

Scald the milk (use double boiler, if possible). Beat eggs slightly, add sugar and salt. Gradually add hot milk to egg mixture, stirring constantly. Add vanilla. Pour into a buttered baking dish (or you may use individual baking dishes). Set dish in a pan of hot water and bake in a moderate oven (350° F.) and cook until set. The test is to insert a knife blade and when blade comes out clean, remove from the oven.

Variations of Baked Custard

1. *Caramel Custard*.—Increase sugar one-fourth cup and caramelize the sugar. Add one-half cup hot water to dissolve the sugar.
2. *Cocoanut Custard*.—Add one-half cup shredded cocoanut to the mixture before setting it in the oven to bake.
3. *Date Custard*.—Add one-half cup chopped dates to custard before setting it in the oven to bake.
4. *Chocolate Custard*.—Melt one square of chocolate in milk before adding the milk to the eggs.

SALAD DRESSINGS

Mayonnaise Dressing

1 egg yolk	½ t. salt
2 T. vinegar or lemon juice	Paprika to taste
½ t. sugar	1 or 2 drops Tabasco sauce
	¾ to 1 c. salad oil

Mix the seasonings with one tablespoon vinegar or lemon juice, add the yolk of egg, and beat slightly. Then begin adding oil, a teaspoon or two at a time, beating thoroughly each time. When enough oil has been added to make the mixture thick, add the remaining vinegar or lemon juice and gradually beat in the rest of the oil.

Cooked Dressing for Meat and Vegetable Salad

2 whole eggs, or 4 yolks	½ t. salt
¼ c. vinegar	¼ t. mustard
2 T. butter or other fat	Dash of paprika
5 T. cream cheese	⅛ t. celery seed
2 T. cream	3 drops Tabasco sauce
½ t. sugar	

Beat the eggs and vinegar together until smooth. Cook the mixture in a double boiler, and stir constantly until the consistency is that of thick cream. Remove at once from the heat,

add the fat and cream cheese, and stir until the mixture is smooth. Then add the cream and the seasonings. The cream cheese may be omitted, and more cream, either sweet or sour, used in its place. These ingredients will make one cup of dressing.

Cooked Dressing for Fruit Salad

2 whole eggs, or 4 egg yolks	$\frac{1}{2}$ T. sugar
$\frac{1}{4}$ c. vinegar	$\frac{1}{2}$ t. salt
1 c. sour cream	$\frac{1}{4}$ t. mustard
	$\frac{1}{8}$ t. paprika

Beat the eggs, add the other ingredients, and mix thoroughly. Cook in a double boiler, and stir constantly until the mixture thickens.