

Eggs

IN
YOUR
FAMILY
MEALS



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Eggs

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JOSEPHINE FLORY
AND
FLORA L. CARL



An Egg a Day

That's a good rule to follow! Served "as eggs" or "hidden" in cooking—eggs are good, and good for you.

The egg has been a universal food for centuries. With the ancient Romans it was commonplace to say "from eggs to apples" meaning eggs in every meal. Part of the French chefs' superb mastery in cookery lies in their recognition that "eggs are the cement that holds the castle of cookery together." And it is true in our own cookery that "the egg may be served in more than a thousand ways."

Eggs have important roles in cooking and in meal preparation. They combine easily and well with all foods—cereals, dairy products, fats, fruits, vegetables, fish and meats. Their versatility makes them a valuable ingredient in the preparation of all types of dishes.

Eggs are an important protective food, providing high quality protein, as well as essential vitamins and minerals. To build and repair body tissues, eggs have top quality protein like that of meat and milk. To help protect your health, eggs furnish generous amounts of vitamin A

as well as some of the other known vitamins. Vitamin C is one exception. For red blood cells, the egg yolk holds a rich store of iron as well as phosphorus and other minerals needed by the body.

Eggs as Eggs

Skill with basic methods of egg cookery is easily acquired. It is the key to hundreds of delicious dishes. In general, there are eight ways to prepare eggs: soft and hard cooked, fried, poached, baked (shirred), braised, scrambled, French omelet, and puffy omelet.

Eggs as Helpers

When eggs are one of the ingredients in a recipe, they serve or help in one or more of the following ways: give lightness by adding air (baked products, soufflé;) thicken (custards and sauces;) bind other ingredients (meat loaf, breads and cakes;) keep smooth (mayonnaise, cream puffs;) coat to prevent fat absorption (in croquettes and similar egg and crumbed foods;) prevent graininess (in certain candies) and clarify (soup stock and coffee.)

Buying Eggs

Buy eggs where they are . . .

- Kept under refrigeration
- Supplied fresh at least twice a week
- Protected from odors

Eggs sold in retail markets in Missouri are now sold by grade and size. So when you buy eggs, look for the grade and size on the carton.

Grading is based on condition of shell and interior quality. Higher quality eggs are more desirable for frying and poaching while the lower quality are satisfactory for scrambling and all cooking. All are wholesome, edible food. Egg grades are AA, A, B, and C.

Egg sizes are:	Minimum Weight
	Per Dozen
Jumbo	30 ounces
Extra Large	27 ounces
Large	24 ounces
Medium	21 ounces
Small	18 ounces

Size and color of the shell have nothing to do with the quality of the eggs.

It will pay you to check the prices of various egg sizes of the same grade. From the chart below you can decide which size eggs are the best buy for you.

Egg Price Values—Based on Size and Same Grade Cents Per Dozen

Extra Large:	39	46	51	56	62	68	73	79	84	89
Large:	35	40	45	50	56	60	65	71	75	80
Medium:	30	35	39	43	49	53	56	62	66	70
Small:	26	30	34	37	42	45	48	53	56	60

For example, if extra large eggs are 39 cents a dozen, medium eggs should be 30 cents a dozen. If they are less than 30 cents, they will be the better buy.

Care of Eggs

Because of their hard shell and imperishable look, eggs are often treated poorly. As we know, however, eggs are more perishable than either fruits or vegetables. Since they are high in a moist protein, they spoil as readily as meat.

Eggs left 4 days in a warm store or kitchen (temperature between 70 and 90° F) lose as much freshness as eggs kept for several weeks in the refrigerator in a covered container.

AA Eggs Stored At	Change to C Grade In
44.6° F	65 days
60.8° F	23 days
77.0° F	8 days
98.6° F	3 days

It is a useless and foolish waste of time, money and energy to produce or buy high grade eggs and allow them to remain in a hot kitchen unprotected by

refrigeration.

Keep eggs in a covered container in the refrigerator. This protects them from odors and flavors of other foods. Remove only eggs to be used at one time. If any eggs have cracked shells, use them first.



Freezing Eggs

Freezing is the best way to preserve eggs. To prepare whole egg, break into bowl. Stit with fork or with beater at slow speed, enough to mix whites and yolks thoroughly but not enough to whip in air. Put through a strainer. Pour into containers, seal, label and freeze immediately. Or, for smoothness before mixing, add to each cup of egg either $\frac{1}{2}$ tablespoon sugar, $\frac{1}{2}$ tablespoon corn sirup or mild flavored honey, or $\frac{1}{2}$ teaspoon salt.

For special recipes, whites and yolks may be frozen in separate containers. Egg white freezes well with no added ingredients, but yolk may be gummy unless thoroughly mixed with sugar, sirup or salt.

Whether you add sweetening or salt depends on how the egg is to be used—that is, whether for a baked product, dessert, scrambled eggs, salad dressing, or a main dish. Use only highest quality

To keep left-over egg yolks or separated whites until used, place unbroken yolks in a dish or cup, and add just enough water to cover. Put egg whites in a jar or dish and cover tightly. Be sure to keep them cold.

eggs for freezing. Use rigid containers such as plastic, metal or heavily waxed paper cartons, or glass jars.

To avoid the inconvenience and possible waste of thawing more egg than needed, use small enough containers to hold just the quantity of egg to be used at one time or for one recipe. Put in container just enough whole egg or yolk for scrambled eggs for one meal, or for one recipe of custard, or just enough egg white for one angel food cake. Leave $\frac{1}{2}$ inch head space in half-pint or pint containers, and $\frac{3}{4}$ inch in narrow-top pints.

Write clearly on each container: whether whole egg, yolk or white; how many, and also how much by measure; which ingredients added, if any, and how much; date when put in freezer; possibly recipe in which to use.

A one-cup container of egg takes overnight to thaw in the refrigerator, or one to two hours at room temperature. Use promptly after thawing.

Eggs and Temperature

It is best to remove eggs from the refrigerator about half an hour or long enough for them to reach room temperature before separating the white from the yolk.

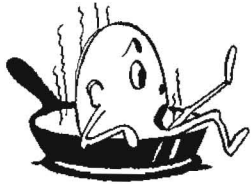
An egg just out of the refrigerator is so cold that its white clings to both shell and yolk, making separation difficult. On the other hand, when an egg gets too warm, the yolk flattens out and

is likely to break in separation.

Eggs, like all other ingredients used in baked products, should be at room temperature so they will combine well.

Egg whites whip up more quickly and to a greater volume when they are at room temperature.

Yolks for mayonnaise dressing should be cold, just out of the refrigerator, to



Here's the first and fundamental rule in egg cookery: *Whether you are cooking them in water, frying pan, or oven, cook eggs slowly with low to moderate, even heat.* Like other protein foods, eggs cooked at too high a heat get tough and leathery.

To "hard-cook" eggs, cover them completely with cold water in a pan with well fitting lid. Bring the water to a rapid

make a smooth mixture with oil.

Hard-cooked eggs separate most easily from the shell and into whites and yolks when cold.

Shells are less likely to break if eggs are at room temperature rather than cold when put to cook in hot water. A better cooking method is to put eggs in cold water and then bring water to simmering temperature.

Cooking Eggs

boil. Remove from heat and let stand 15 to 20 minutes. Cool quickly in cold water.

To "soft-cook" eggs, prepare as for "hard-cooked" eggs. Let stand in the hot water from two to four minutes depending on how done you like them. Putting eggs in cold water for just a minute will stop the cooking, yet not cool off the egg.

Cooking with Eggs

Eggs used to thicken or bind or for scrambling, should be slightly beaten with fork or spoon.

When eggs are used to leaven, beat separated yolks thoroughly with a whip or rotary beater, until they are thick and lemon colored. Beat separated whites thoroughly until stiff but not dry. This stage is indicated when peaks form at the surface and fold over slightly when the beater is withdrawn.

Add ingredients gradually to stiffly beaten whites. Use a spoon, spatula, scraper or whisk. With an "over and

over" motion start at one side of bowl, go down, across the bottom and up the opposite side and over the top. Continue until ingredients are blended into whites. Every third or fourth stroke should be made through center of the mixture.

To combine hot mixtures with eggs, slowly add hot milk or sauce to slightly beaten eggs and stir constantly.

Meringues

Meringues may be hard or soft in texture. Soft meringues add to the attractiveness of pies and puddings. Hard meringues are usually served with fruit, ice

cream, or other fillings. They improve in texture uncovered in the refrigerator overnight. Hard meringues need to be baked in a slow oven—250° F, but soft meringues may be baked satisfactorily over a wide range of temperatures if time of baking is varied according to temperature. If meringues are baked at a high temperature, they may shrink if cooled in a draft.

For a tender, moist meringue, able to hold its high fluffiness, you must know how long to whip the whites. Have the whites at room temperature. Add a pinch of salt for each white. Beat until the foam is relatively fine and forms rounded peaks when the beater is lifted out. Then add

sugar gradually (1 to 2 tablespoons for each white) and continue beating until the meringue is stiff but not dry.

Meringues baked on hot fillings cook more evenly and are less likely to “weep” than those baked on a cold pie. Baking at 425 to 450° F for 5 minutes seems to be more of a protection against leakage than baking at lower heat a longer time, as many recipes recommend. Beading may result from too long cooking. A temperature of 425 to 450° F proves best for tenderness and preventing stickiness and shrinkage. In 5 minutes, this temperature also gives a golden brown glint over the meringue.

Recipes Using Eggs

A Breakfast Dish

POACHED EGGS BUCKINGHAM

Arrange poached eggs in buttered toast cups. Pour cream sauce over eggs to which has been added cheese cut into cubes. Place under broiler for a few moments to melt cheese.

Main Dishes

BACON AND EGG PUFF

- 4 medium potatoes, cooked,
seasoned and mashed**
- 4 eggs, separated**
- 4 slices bacon, fried crisp**

Put mashed potatoes in shallow greased baking dish. Beat egg whites stiff, adding $\frac{1}{4}$ teaspoon salt. Arrange egg whites on mashed potatoes, shaping into 4 nests. Put egg yolk into each nest. Bake at 325° F until egg whites are slightly brown and egg yolks are set, about 15 minutes. Put crisp bacon slices between nests.

BACON STRATA SOUFFLE

- 6 to 8 slices bread**
- $\frac{1}{4}$ lb. bacon, diced and
cooked**
- 3 cups scalded milk**
- 4 eggs, slightly beaten**
- $\frac{3}{4}$ teaspoon salt**

Cut each slice of bread into 3 or 4 strips. Arrange half the bread to fit the bottom of a well-greased casserole (approximately 2-quart size.) Spread cooked bacon and bacon fat over the bread. Arrange remaining bread as a second layer. Add salt to eggs and beat slightly. Slowly add scalded milk to eggs, stirring constantly. Pour over bread. Let stand $\frac{1}{2}$ hour. Set casserole in a pan of hot water and bake in a moderate oven (350° F) about 45 minutes until knife inserted in center comes out clean. To serve, spoon from casserole. Yield: 6 servings.

EGG SANDWICHES

- 4 hard cooked eggs**
- Salt and pepper to taste**
- 3 tablespoons mayonnaise**

Mince the eggs fine with a fork, add the seasonings and salad dressing, and work into a soft paste. Slice bread very thin. Spread one slice with the egg filling and cover the other with a lettuce leaf and mayonnaise. Place together and wrap in oiled paper.

Breads

ORANGE MUFFINS

2 1/4 cups flour
4 teaspoons baking powder
1 teaspoon salt
8 tablespoons sugar
3/4 cup orange juice
2 eggs
8 tablespoons melted fat

Sift flour, measure, sift with other dry ingredients. Mix fat, eggs and orange juice. Stir liquid mixture into dry ingredients. Mix only until dry ingredients are damp. Do not stir out lumps. Bake in 375° F oven, for 15 to 20 minutes.

SPOON CORN BREAD

2 cups milk or water
1 cup milk
1 cup corn meal
1-2 tablespoons fat
2 eggs
1 teaspoon salt

Heat the 2 cups of milk or water, stir in the cornmeal. Bring to the boiling point and cook until very thick (about 5 minutes.) Add the other cup of milk, then the fat, salt and egg yolks. Beat egg whites until stiff and glossy. Fold the mixture into the egg whites. Pour into a baking dish and bake for 25 minutes in a moderate oven. Serve with a spoon from the dish in which it was baked. Makes 6 to 8 servings.

Beverages

CIDER MULL

1 quart cider
Dash of nutmeg
6 whole cloves
2 eggs, well beaten
2 tablespoons sugar

Add the spices to the cider. Bring to a boil and strain. Mix the sugar with the well-beaten eggs and pour over the hot cider, stirring constantly. Serve in hot glasses.

ORANGE EGG PUNCH

1 egg
1 tablespoon sugar
Pinch of salt
1/4 cup orange juice
1 teaspoon lemon juice
1 cup milk

Beat the egg yolk. Add the sugar and salt. Add the orange juice and mix well. Add the milk. Fold in stiffly beaten egg white. Serve cold.

Dressings, Sauces, and Salads

STUFFED EGG SALAD

9 hard cooked eggs
3 tablespoons grated cheese
1 1/2 tablespoons cream
6 tablespoons mayonnaise
Pinch of salt
Pepper to taste
Endive or watercress

Remove yolks from eggs and mash. Add cream, grated cheese and mayonnaise, and beat until fluffy. Arrange three egg halves on a bed of curly endive or other salad greens so that points of eggs are toward center of plate. With pastry tube fill whites with yolk mixture. Garnish with pickled midget onions and radish roses.

COOKED SALAD DRESSING

1/2 teaspoon salt
1 teaspoon mustard
1 1/2 teaspoons sugar
1 tablespoon flour
1 1/2 tablespoons fat
2 egg yolks
3/4 cup milk
1/4 cup vinegar

Mix dry ingredients and cream with fat. Add egg yolks and milk. Cook until mixture thickens, stirring constantly. Add vinegar just as it begins to thicken.

HOLLANDAISE SAUCE

- 1/2 cup fat
- 2 egg yolks
- 1/3 cup hot water
- 1/8 teaspoon paprika
- 1/4 teaspoon salt
- 1 1/2 tablespoons lemon juice or
1 tablespoon vinegar

Beat egg yolks, adding gradually the softened fat, hot water and seasonings. Cook in double boiler until mixture coats spoon. Remove from fire and add gradually the lemon juice or vinegar, stirring constantly. The secret of making Hollandaise sauce lies in beating the egg yolks thoroughly at first, and in adding the lemon juice after the sauce has been removed from the fire.

Desserts

BAKED CARAMEL CUSTARD

- 3 whole eggs
- 1 pint milk (scalded)
- 1/4 teaspoon salt
- 4 tablespoons dark brown sugar
- 1/2 teaspoon vanilla

Beat the eggs slightly, add the salt and sugar and pour the scalded milk over them. Add vanilla and strain into a greased baking dish, set in a pan of warm water, and bake in a slow oven. Test by inserting a knife. When knife comes out clean, the custard is done. Remove immediately and set in a pan of cold water to stop further cooking.

CHOCOLATE MERINGUE

- 4 egg whites
- 1 cup sugar
- 1 1/2 ounce chocolate, melted
- 1/2 teaspoon vanilla

Beat egg whites until stiff. Add the sugar gradually, beating thoroughly after each addition. Stir in the chocolate and vanilla. Drop from spoon on cookie sheet covered

with unglazed paper. Bake in slow oven (275-300° F) for 50 minutes.

CHIFFON PUMPKIN PIE

- 1 tablespoon gelatin
- 1/4 cup cold water
- 1 1/4 cup canned pumpkin
- 1/2 cup milk
- 1/2 cup brown sugar
- 1/2 teaspoon ginger
- 1/2 teaspoon cinnamon
- 1/2 teaspoon nutmeg
- 1/2 teaspoon salt
- 1/4 cup sugar
- 3 eggs

Pour cold water in a bowl and sprinkle gelatin on top. To slightly beaten egg yolks, add brown sugar mixed with salt and spices; add pumpkin and milk. Cook until thick in a double boiler. Add gelatin to hot pumpkin mixture, mix thoroughly and cool. Beat egg whites, adding 3/4 cup sugar gradually, and beat well. When pumpkin mixture begins to cool, fold in egg whites. Turn into crust. Pecan halves may be pressed into top of pie. Sprinkle with grated candied orange peel or cover with whipped cream. Chill several hours.

ANGEL FOOD CAKE

- 1 1/4 cups sifted cake flour
- 1 1/2 cups sifted sugar
- 1 1/2 cups egg whites
- 1/4 teaspoon salt
- 1 1/2 teaspoons cream of tartar
- 1 teaspoon vanilla
- 1/2 teaspoon almond extract

Add 3/4 cup sugar to flour. Sift 3 times. Beat egg whites with salt until foamy. Add cream of tartar and continue beating until stiff, but not dry. Fold in remaining sugar, a small amount at a time. Add vanilla and almond extract. Sift in dry ingredients gradually, folding in carefully. Bake in 10-inch ungreased tube pan at 350 to 375° F for 40 to 50 minutes or until cake will spring back when touched lightly. Cool in inverted pan about 1 hour.