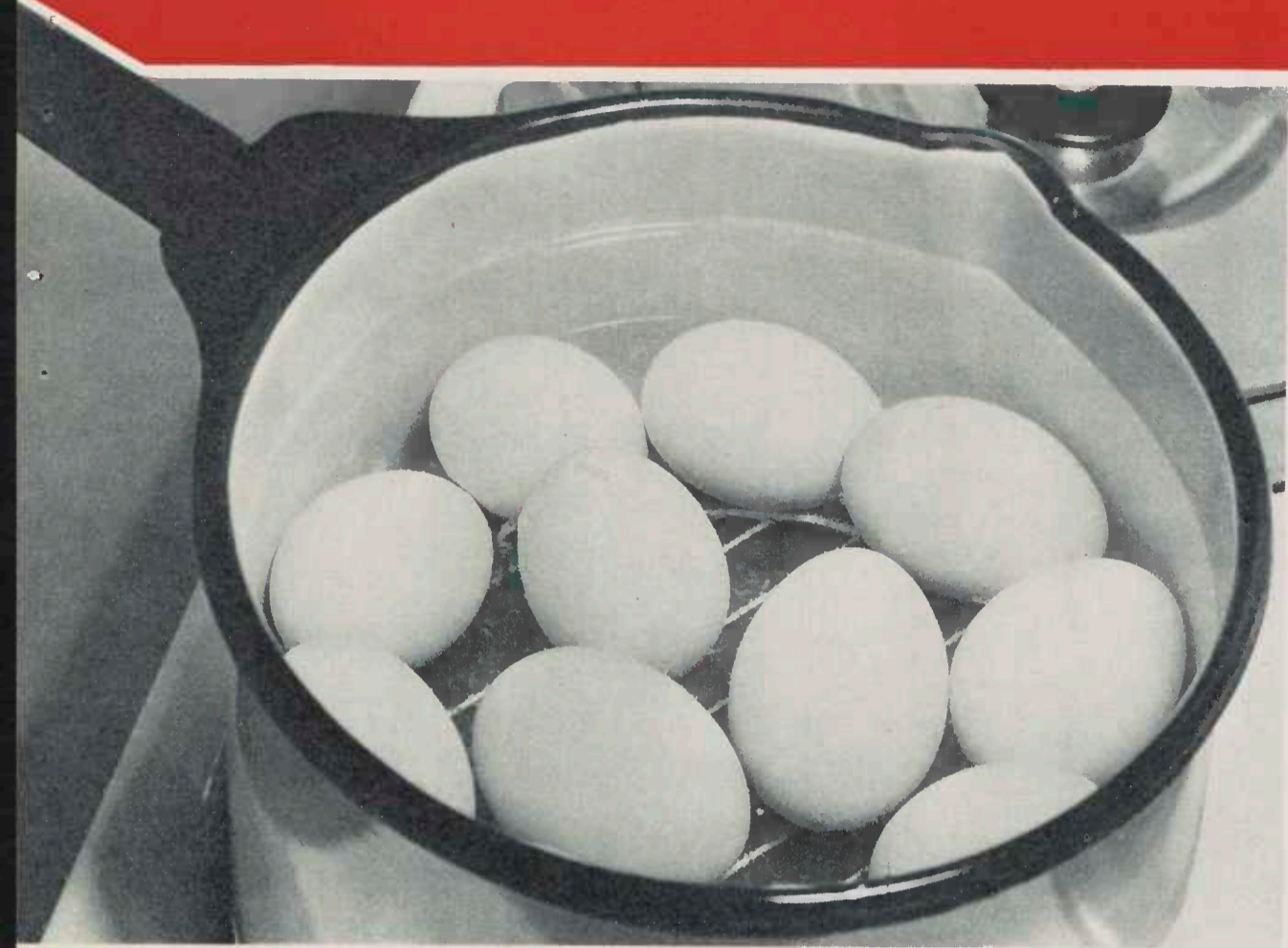


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Get the Good...

FROM EGGS



- "Coddle" your eggs in simmering water.
- × Don't boil.... it makes the protein tough.



- When you scramble eggs, go easy with the heat.
- Stop cooking as soon as thickened.
- Overcooked eggs "weep".

- Bake fluffy egg dishes slowly.
- Low heat lets air cells expand and set, so they won't collapse.



BUREAU of HOME ECONOMICS
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9

