

## Historic, archived document

Do not assume content reflects current scientific knowledge, policies, or practices.



280.39  
2134A.m  
of 3

U.S. DEPARTMENT OF AGRICULTURE  
LIBRARY  
APR 1 - 1961  
CURRENT SERIAL RECORDS

# Dried Eggs in Family Meals

The dried whole egg now available through the U. S. Department of Agriculture's Food Distribution Program makes a valuable contribution to family meals. The dried egg is freshly packed from carefully inspected, high quality fresh eggs and has practically the same food value as shell eggs. Since only the shells and water have been removed, by blending with water again, dried egg is quickly restored for use in many food combinations.

The information given in this leaflet is adapted from directions and recipes for using dried egg developed by the Human Nutrition Research Division, Agricultural Research Service of the U. S. Department of Agriculture. The recipes for top-of-stove cooking are the result of recent research.

## Directions for use

Be sure that dishes having dried egg in them are thoroughly cooked. Follow the directions in these recipes carefully; give particular attention to the methods and time of cooking. Do not use the dried egg in egg-milk drinks, uncooked salad dressings, ice-creams, omelets, or soft custard puddings cooked on top of the stove. In general, thorough cooking of food preparations using dried egg is best accomplished by baking. Store unopened or opened cans of dried whole egg in the refrigerator. Keep cans closed tightly.

Dried egg may be used in two ways:

1. Reconstitute with water: Mix only the amount of dried egg needed for the recipe being prepared. Sift and measure the dried egg, using level measurements. Sift the dried egg again and sprinkle over the required amount of water. Blend by using a rotary beater, wire whip or shaker. Promptly wash sifter and other utensils used.
2. Combine with dry ingredients: Sift and measure the dried egg before combining with other dry ingredients, using level measurements; the water needed to reconstitute the dried egg should be added to other liquid in the recipe. Promptly wash sifter and other utensils used.

NOTE: Dry mixes containing dried egg should be stored promptly in the refrigerator at 32° F. to 50° F. in a tightly closed container.

### Amounts to Use for Reconstituting Dried Whole Egg

Dried Whole Egg, Sifted	+	Water	=	Shell Eggs (Large Size)
2-1/2 tablespoons	+	2-1/2 tablespoons	=	1
1/3 cup	+	1/3 cup	=	2
1/2 cup	+	1/2 cup	=	3
2/3 cup	+	2/3 cup	=	4
3/4 cup	+	3/4 cup	=	5
1 cup	+	1 cup	=	6

UNITED STATES DEPARTMENT OF AGRICULTURE  
Agricultural Marketing Service

## TOP-OF-STOVE RECIPES

When preparing food using dried egg in top-of-stove cooking limit your recipes to the ones in this leaflet.

### MEAT-POTATOBURGERS

1/2 cup sifted dried whole egg	1 cup chopped onion
1/2 cup water	1 tablespoon salt
1-1/4 pounds ground beef	
1/2 pound ground pork	<u>Sauce:</u>
2-1/2 cups finely chopped raw potatoes	2 tablespoons flour
	2-3/4 cups tomato juice

Sprinkle dried egg over the water and beat to blend. Combine the egg, meat, potatoes, onion and salt. Form into patties. (Use about 1/2 cup mixture for each patty.) Place patties in heavy metal frying pan. Cover. Cook over medium heat for 10 minutes. Add sauce.\* Replace cover. Continue to cook for 25 minutes longer. Makes 12 patties.

\*To Make Sauce: Blend flour with 3/4 cup tomato juice. Heat remaining tomato juice and add to the flour mixture. Cook until slightly thickened, stirring constantly.

### NOODLES

1-1/3 cups sifted dried whole egg	1-1/2 teaspoons salt
2 cups sifted flour	3/4 cup water

Sift dry ingredients together. Add water to the dry ingredients and mix well. Knead the dough lightly. Divide dough into 6 pieces. Roll each piece very thin on a floured board. Cut rolled out dough into strips 3 inches wide. Stack the strips and slice into shoestring widths. Spread out on wax paper and dry thoroughly at room temperature. When dry, store in a covered container in the refrigerator. Makes about 1 pound dry noodles.

To Cook Noodles: Use 3 cups dry noodles with 3 cups boiling salted water, beef, chicken or ham broth. Drop noodles into the boiling water or broth. Cover and cook slowly for 12 minutes. Makes 6 one-half cup servings.

### DUMPLINGS

1/3 cup sifted dried whole egg	1/2 teaspoon salt
1 cup sifted flour	2 tablespoons nonfat dry milk
1-1/4 teaspoons baking powder	1/2 cup water
	1-1/2 tablespoons shortening

Sift dry ingredients together. Cut in shortening until mix is the consistency of cornmeal. Add water to the flour mixture and mix just to moisten the dry ingredients. Drop by tablespoonfuls into boiling beef, chicken or ham broth. Cover and cook 12 minutes. Do not remove cover during the cooking period. Makes 10 dumplings.

### COOKED SALAD DRESSING

3 tablespoons sugar	2/3 cup water
1 teaspoon salt	1/3 cup vinegar
2 tablespoons flour	2 teaspoons fat or oil
1-1/2 teaspoons dry mustard	1/4 cup sifted dried whole egg
	1/4 cup water

Combine the sugar, salt, flour and mustard. Add the 2/3 cup water and stir until smooth. Gradually stir in the vinegar and add fat. Cook over low heat, stirring constantly, until the mixture thickens (about 3 minutes). Remove from heat and cool for 5 minutes. Sprinkle the egg over the water, stir to moisten, and beat until smooth. Gradually add the cooled mixture to the egg, stirring to blend. Cook until thickened (about 2 minutes), stirring constantly. Cool quickly by setting container in cold water and stirring. Makes 1-1/4 cups.

### RICE PUDDING

2 cups milk*	1/3 cup sugar
1 cup cooked rice	1/4 teaspoon salt
1 tablespoon melted butter or margarine	1/3 cup raisins
	1/3 cup sifted dried whole egg
	1/3 cup water

Combine milk, rice, butter or margarine, sugar, salt and raisins. Sprinkle the dried egg over the water and beat to blend. Pour mixture into a greased 9-inch metal layer cake pan. Set pan inside a 10-inch heavy metal frying pan and cover. (This serves as a top-of-stove oven.) Place frying pan over low heat and cook for 55 minutes or until pudding is set. Do not remove cover during the cooking period. Makes 6 servings.

### CORNBREAD

3/4 cup sifted flour	2-1/2 tablespoons sifted dried whole egg
1 tablespoon baking powder	3 tablespoons melted fat
2 tablespoons sugar	3/4 cup milk*
3/4 teaspoon salt	2-1/2 tablespoons water
3/4 cup cornmeal	

Sift together flour, baking powder, sugar, salt, cornmeal and dried whole egg. Add the melted fat, milk and water to the cornmeal mixture and stir just to moisten the dry ingredients. Pour batter into a greased 9-inch metal layer cake pan. Set pan inside a 10-inch heavy metal frying pan and cover. (This serves as a top-of-stove oven.) Place frying pan over low heat and cook cornbread for 45 minutes or until golden brown on the bottom and sides. Do not remove cover during the cooking period. Serve the cornbread bottom-side up. Makes 6 servings.

\*Reconstituted nonfat dry milk may be used. See directions on last page.

### JOHNNY CAKE

2 cups cornmeal	1 teaspoon baking soda
2 tablespoons sugar	2 tablespoons melted fat
1/3 cup sifted dried whole egg	2 cups milk*
1-1/2 teaspoons salt	1/3 cup water
	1-1/3 tablespoons vinegar

Sift together cornmeal, sugar, dried whole egg, salt and baking soda. Add the melted fat, milk, water and vinegar to the cornmeal mixture and stir just to moisten the dry ingredients. Pour batter into a greased 9-inch metal layer cake pan. Set pan inside a 10-inch heavy metal frying pan and cover. (This serves as a top-of-stove oven.) Place frying pan over low heat and cook for 60-70 minutes or until golden brown on the bottom and sides. Do not remove cover during the cooking period. Serve the Johnny Cake bottom-side up. Makes 6 servings.

### SCRAMBLED EGGS

#### For 2 Eggs

1/3 cup sifted dried whole egg  
1/3 cup water  
Few grains salt  
3 tablespoons milk\*  
1 teaspoon butter, margarine or bacon fat

#### For 6 Eggs

1 cup sifted dried whole egg  
1 cup water  
1/2 teaspoon salt  
1/2 cup milk\*  
1-1/2 tablespoons butter, margarine or bacon fat

Sprinkle dried egg over the water and beat to blend. Add salt and milk and mix. Melt fat in an aluminum or heavy metal frying pan. Pour egg mixture into frying pan. Cook over low heat, stirring continuously until dry and crumbly. Do not cook more than 6 egg quantities at one time.

### BEADED EGGS

1 cup sifted dried whole egg	1/2 teaspoon salt
1 cup water	

Sprinkle dried egg and salt over the water and beat to blend. Pour the egg mixture slowly into 3 quarts of rapidly boiling salted water and cook for 5 minutes. Drain. Use immediately in creamed dishes or chill at once in the refrigerator and use in salads or as a sandwich filling.

\*Reconstituted nonfat dry milk may be used. See directions on last page.

## OVEN RECIPES

Dried whole egg may be used in a variety of baked foods which are cooked in the oven. They may be used in place of shell eggs in cakes, muffins and breads cooked in the oven.

### HAM AND EGG PIE

1/2 cup sifted dried whole egg	2 cups diced cooked ham
1/2 cup water	1 cup grated cheese
3/4 cup milk*	1/8 teaspoon pepper
	1 unbaked 9-inch pastry shell

Sprinkle the egg over the water, stir to moisten, and beat until smooth. Combine with the milk, meat, cheese and pepper. Pour the mixture into the pastry shell. Bake at 425° F. (hot oven) for 30 minutes. Serve hot. Makes 6 servings.

### MACARONI AND CHEESE CASSEROLE

2/3 cup shell or elbow macaroni	2 tablespoons minced parsley
2 cups boiling water	1 teaspoon finely chopped onion
1/2 teaspoon salt	1/3 cup sifted dried whole egg
2 cups grated cheese	1/3 cup water
1 tablespoon chopped green pepper, if desired	3/4 cup hot milk*

Cook the macaroni in the boiling salted water until tender. Drain. Combine the macaroni, cheese, green pepper, parsley and onion. Sprinkle the egg over the water, stir to moisten, and beat until smooth. Combine with the macaroni mixture and stir in the milk. Place in a greased shallow baking dish, 1-quart size. Bake at 350° F. (moderate oven) for 50 minutes or until set. Makes 6 one-half-cup servings.

### CHEESE-MEAT LOAF

1/3 cup sifted dried whole egg	3/4 cup grated cheese
1/3 cup water	3 tablespoons chopped onion
1-1/2 slices bread	1/3 cup chopped celery
1/2 cup milk*	1 teaspoon salt
1 pound 2 ounces (2-1/4 cups) ground beef	1 teaspoon worcestershire sauce

Sprinkle the egg over the water, stir to moisten, and beat until smooth. Add the bread and milk and beat to blend. Combine all ingredients. Blend well. Pack into a greased loaf pan (7 by 5 by 2-1/2 inches). Bake at 375° F. (moderate oven) for 1 hour and 15 minutes. Makes 6 servings.

\*Reconstituted nonfat dry milk may be used. See directions on last page.

#### BAKED SCRAMBLED EGGS

1 cup sifted dried whole egg	2/3 cup milk*
1 cup water	2 tablespoons melted butter or margarine
1/2 teaspoon salt	

Sprinkle the egg over the water, stir to moisten, and beat until smooth. Stir in salt and milk. Mix well. Place the fat in baking pan (8 by 8 inches). Pour mixture into pan. Bake at 350° F. (moderate oven). After 15 minutes, stir the egg. Bake 5 minutes longer. Makes 6 one-egg servings.

#### CORN FONDUE

1/2 cup sifted dried whole egg	1 tablespoon chopped green pepper
1/2 cup water	1 cup grated cheese
1/2 cup bread cubes	2 cups canned cream-style corn
2-1/4 teaspoons finely chopped onion	1-1/2 teaspoons salt
	2/3 cup hot milk*

Sprinkle the egg over the water, stir to moisten, and beat until smooth. Combine all ingredients. Pour into a greased shallow baking dish, 1-1/2-quart size. Set in a pan of hot water and bake at 350° F. (moderate oven) for 1 hour and 20 minutes. Makes 6 three-fourths-cup servings.

#### SPOONEREAD

1 cup boiling water	1-1/2 teaspoons salt
2 cups hot milk*	2 tablespoons butter or margarine
1 cup yellow cornmeal	1/3 cup sifted dried whole egg
	1/3 cup water

Combine the boiling water, milk, cornmeal, salt, and butter or margarine. Cook over boiling water, stirring constantly until thickened. Sprinkle the egg over the water, stir to moisten, and beat until smooth. Add the hot mixture to the egg and stir to blend. Pour into a greased shallow baking dish, 1-1/2-quart size. Bake at 375° F. (moderate oven) for 45 minutes. Makes 6 servings.

#### MUFFINS

2-1/2 tablespoons sifted dried whole egg	3/4 teaspoon salt
3 cups sifted flour	3 tablespoons sugar
1-1/2 tablespoons baking powder	1-2/3 cups milk*
	1/4 cup melted fat or oil

Sift together the egg, flour, baking powder, salt and sugar. Combine the milk and fat or oil. Add to dry ingredients, stirring only enough to moisten. Fill greased muffin pans two-thirds full. Bake at 425° F. (hot oven) for 20 minutes. Makes 12 large or 14 medium-sized muffins.

\*Reconstituted nonfat dry milk may be used. See directions on last page.



## BREAD AND ROLLS

3 packages active dry yeast or	1/4 cup nonfat dry milk
3 cakes compressed yeast	About 9 cups flour
2-1/4 cups lukewarm water	1/4 cup sugar
1/3 cup sifted dried whole egg	1 tablespoon salt
1/3 cup water	1/3 cup fat

Combine the yeast and lukewarm water in a large mixing bowl. Reconstitute the dried egg with 1/3 cup of water. Add egg, dry milk, 7 cups of flour, sugar, salt, and fat to yeast mixture. Stir until flour and liquid are well mixed. Turn dough out on floured board, using remaining flour, and knead until it is smooth and elastic. Form dough into a smooth ball. Place dough in a greased bowl; grease top and allow it to rise until double in size. Punch down. Turn out on a floured board and allow to rest 15 minutes. Shape into loaves or rolls and place in lightly greased pan. Let rise in a warm place until double in size. Bake at 400° F. (hot oven) for 40 minutes for the bread and 14 minutes for the rolls. Recipe makes 2 loaves of bread or 5 dozen rolls.

## GINGERBREAD

1 cup sifted flour	1/4 cup sugar
1/3 cup nonfat dry milk	1 teaspoon ginger
2-1/2 tablespoons sifted dried whole egg	1/2 teaspoon cinnamon
1/4 teaspoon baking soda	1/16 teaspoon cloves
1 teaspoon baking powder	1/4 cup fat or oil
1/4 teaspoon salt	1/2 cup boiling water
	1/2 cup molasses

Sift together the dry ingredients. Add the fat to the boiling water. Add molasses and blend well. Add slowly to the dry ingredients, beating well after each addition. Pour into a greased baking pan (8 by 8 inches). Bake at 350° F. (moderate oven) for about 28 minutes.

## PEANUT BUTTER COOKIES

1/2 cup shortening	2-1/2 tablespoons sifted dried whole egg
1/2 cup peanut butter	1 cup sifted flour
1/2 cup sugar	1/2 teaspoon soda
1/2 cup brown sugar (firmly packed)	1/4 teaspoon salt
	2-1/2 tablespoons water

Blend the shortening and peanut butter. Gradually add the sugars. Cream thoroughly after each addition. Sift together the egg, flour, soda, and salt. Add alternately with water to the creamed mixture. Roll the dough into balls, about 1 inch in diameter. Place on a greased baking sheet and press each cookie with a fork to flatten. Bake at 325° F. (slow oven) for 15 to 20 minutes. Makes about 4 dozen cookies.

## LAYER CAKE

1/2 cup shortening	1 cup milk*
1 teaspoon vanilla	2 cups sifted flour
1 cup sugar	2-1/2 teaspoons baking powder
1/3 cup sifted dried whole egg	1/4 teaspoon salt

Cream the shortening, vanilla, and sugar until well blended. Sprinkle the egg over milk, stir to moisten, and beat until smooth. Sift together the flour, baking powder, and salt. Add alternately with egg to the creamed mixture. Pour into two greased 8-inch layer cake pans. Bake at 375° F. (moderate oven) for about 30 minutes. Spread with your favorite frosting.

## PUMPKIN PIE

1/4 cup brown sugar	1/8 teaspoon cloves
1/2 cup white sugar	1/2 teaspoon salt
1/3 cup sifted dried whole egg	1-1/2 cups mashed cooked pumpkin
1 teaspoon cinnamon	1-1/3 cups milk*
1/4 teaspoon nutmeg	2 tablespoons melted butter or margarine
1/4 teaspoon ginger	1 unbaked 9-inch pastry shell

Sift together the sugars, dried egg, cinnamon, nutmeg, ginger, cloves and salt. Add the pumpkin and mix well. Stir in the milk and butter or margarine. Pour filling into the pastry shell. Bake at 425° F. (hot oven) for 45 minutes.

## BAKED CUSTARD

2/3 cup sifted dried whole egg	3-2/3 cups hot milk*
1/2 cup sugar	1 teaspoon vanilla
1/4 teaspoon salt	Nutmeg, if desired

Sift together the egg, sugar and salt. Stir in the hot milk gradually. Add the vanilla. Pour into custard cups and sprinkle lightly with nutmeg. Place custard cups in a pan of hot water. Bake at 350° F. (moderate oven) for 30 to 40 minutes, or until set. If desired, top each custard with a spoonful of jelly just before serving. Makes 6 servings.

\*Reconstituted nonfat dry milk may be used.

How to Make Fluid Skim Milk: Dry milk can be mixed quickly with water to make fluid skim milk. Start by putting the measured amount of dry milk on top of the measured amount of lukewarm water for the amount of milk needed. Beat well with a rotary beater, wire whip, or spoon. Or shake the water and dry milk together in a tightly closed jar.

The amount of dry milk to use to replace various amounts of fluid milk are given below:

<u>For</u>	<u>Use</u>
1 quart milk .....	1 cup dry milk, 4 cups water
1 pint milk .....	1/2 cup dry milk, 2 cups water
1 cup milk .....	1/4 cup dry milk, 1 cup water
1/2 cup milk .....	2 tablespoons dry milk, 1/2 cup water
1/4 cup milk .....	1 tablespoon dry milk, 1/4 cup water



