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EGGS AT ANY MEAL

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EGGS AT ANY MEAL

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EGGs may be served at any meal and in a variety of ways. Probably no other single article of food can be utilized in a greater number of dishes. Whether alone or with ham or bacon, or in omelets, souffles, or croquettes, eggs may appear in the main dish of any meal. Many quick breads, cakes, salad dressings, sauces, desserts, and beverages not only taste better and look more attractive when made with a liberal proportion of eggs, but they are also higher in food value. In whatever way they are served, eggs are a good source of efficient protein and some of the minerals and vitamins needed for building the body and keeping it healthy.

The secret of success in cooking eggs and dishes in which eggs predominate, is to cook slowly at moderate, even heat.

For soft-cooked eggs or for hard-cooked eggs with tender whites, start the eggs in cold water to cover, supported on a rack. Heat the water gradually to simmering, but do not let it boil. Boiling temperature toughens white of egg. The temperature of the water should not be allowed to go higher than 185° F. For soft-cooked eggs, remove from the fire when the water simmers (or is 185° F.), cover the pan, and let stand for a few minutes. The length of time required must be found by experience. The number of eggs cooked at a time, the size of the pan, and the quantity and temperature of the water all affect the rate at which eggs cook. For hard-cooked eggs, continue the cooking over a low fire for 30 minutes after the water simmers, and keep it below boiling.

To poach eggs, break them into boiling salted water to cover in a shallow pan, and immediately remove from the fire. Cover and let stand for about five minutes. Remove the eggs carefully with a perforated spoon.

To fry eggs, break them into a moderately hot pan containing bacon or other fat, and cook over a low fire. If the eggs are to be cooked over the top, dip up the hot fat with a spoon and pour it over the yolks until a coating is formed. Or, if preferred, turn the eggs carefully and cook them on both sides.

For shirred or baked eggs, break them into a shallow buttered baking dish or ramekin, dot with butter, and sprinkle with salt and pepper. Place the dish in a pan of water and bake in a moderate oven (350° F.) until the whites of the eggs are set.

FAVORITE COMBINATIONS ○ ○ ○ ○

Curried Eggs

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| 6 eggs. | 1 teaspoon salt. |
| 4 tablespoons butter or other fat. | 3 drops Tabasco sauce. |
| 1 tablespoon chopped green pepper. | 3 tablespoons flour. |
| 2 tablespoons chopped onion. | 2 cups milk. |
| 2 tablespoons chopped celery. | 3 cups cooked rice. |
| 1 teaspoon curry. | |

Cook the eggs hard (see p. 2). Make a sauce as follows: Melt the fat in a skillet, add the green pepper, onion, and celery and cook for 2 or 3 minutes. Stir into this the seasoning and the flour, mix well, and add the cold milk. Cook for 3 or 4 minutes, stirring constantly. Make a bed of the hot flaky cooked rice on a hot platter. Arrange over it the hard-cooked eggs, cut in quarters, and pour the hot sauce over the eggs and rice. Sprinkle the top with chopped parsley, and serve at once.

Baked Eggs and Cheese

Break the desired number of eggs in a shallow, greased baking dish, add a few tablespoons of cream and salt enough to season, and sprinkle with a mixture of grated cheese and fine dry bread crumbs. Set this dish in a pan containing hot water and bake in a moderate oven (350° F.) until the eggs are set and the crumbs are brown. Just before serving add a few dashes of paprika.

Eggs Benedict

Toast slices of bread, or split and toast English muffins. Place on each piece of toast a thin slice of cooked ham or crisp cooked bacon, and on top of this a poached egg. Cover with hot Hollandaise sauce (see p. 8) and serve at once.

Scrambled Eggs and Bacon

Beat the eggs slightly with 1 tablespoon of cream or top milk for each egg, and season with salt and pepper. Pour the mixture into a pan containing 1 tablespoon of melted butter or other fat. Cook over hot water, stirring constantly until thickened. Remove and serve at once with crisp bacon.

Baked Eggs in Tomato Cups

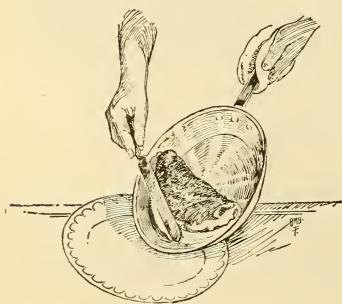
Scoop out the centers of large, firm, ripe tomatoes. Sprinkle the tomato cups lightly on the inside with salt and dot with butter. Break an egg into each tomato, sprinkle with salt, pepper, and fine dry bread crumbs, and dot with butter. Bake in a moderate oven (350° F.) until the tomato skins are slightly wrinkled.

OMELETS fluffy and omelets flat are made of the same ingredients: One or two eggs for each person, 1 tablespoon of milk for each egg, and salt to taste. Beat the egg yolks and whites separately for a fluffy omelet; beat them together for a flat omelet.

To make a fluffy omelet for an average family use 6 eggs. Beat the yolks thoroughly and add 6 tablespoons of milk. If preferred, the milk may be heated; it will then cook the yolks slightly when it is added and give the mixture a smoother consistency. Or, one-half cup of hot white sauce of medium thickness added to the yolks will make a larger omelet with more body. Fold the yolk mixture gradually into the stiffly beaten whites containing one-half teaspoon of salt. Have ready and hot a smooth heavy omelet pan containing 1 tablespoon melted butter or other fat, and pour the egg mixture into the pan. The omelet may be cooked in three different ways, but in any case start it on top of the stove at moderate heat. If a small-sized gas or oil burner is used, move the pan about so that the omelet will cook around the edge at the same rate as in the center. As soon as the omelet has browned slightly on the bottom, place it in a moderate oven (350° F.) and bake for 10 minutes. Or, continue the cooking on top of the stove until the mixture sets, and then place under a low broiler flame for 2 or 3 minutes. Or, if preferred, cover the pan during the whole period and so cook the top of the omelet with steam. When the omelet is done, crease it through the center, fold it over with a spatula, and roll it onto a hot platter without attempting to lift it from the pan. Pour over the omelet melted butter or other fat containing finely cut parsley, and serve at once.

For a flat omelet beat the eggs with 1 tablespoon of milk for each egg and salt to taste. Pour a thin layer of the mixture into a hot greased omelet pan and cook slowly and evenly. When brown on the bottom, roll the omelet in the pan and turn it onto a hot platter.

Omelet Variations



Chopped fried ham or bacon, grated cheese, or a cooked vegetable such as peas, mushrooms, or asparagus, or a combination of chopped onion, green pepper, celery, and parsley delicately fried in butter or other fat may be added to the egg mixture before it is cooked or may be spread over half of the cooked omelet before it is folded and turned onto the platter.

SOUFFLES

SOUFFLES made with cheese, vegetable pulp, ground meat, or flaked fish are attractive to serve as the main dish of a meal. Either a thick white sauce, or bread crumbs, or both will act as binder for the ingredients of a soufflé. A soufflé that contains bread crumbs holds up better than one made with white sauce alone.

Long slow cooking is one of the secrets of making a perfect soufflé. The very moderate oven heat of 300° F. expands the air bubbles in the egg whites and sets the light mixture throughout without toughening it. When baked at very moderate heat for an hour or longer, a soufflé which is served immediately will fall but slightly. It will not collapse like a pricked balloon as does a soufflé, omelet, whip, or meringue that has been baked so rapidly as to overcook the outside before the center is set.

Cheese Souffle

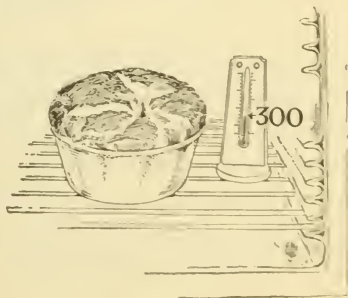
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| 4 eggs. | ½ pound American cheese. |
| 1½ cups milk. | ¾ teaspoon salt. |
| 1 cup fine dry bread crumbs. | ⅛ teaspoon paprika. |
| 1 tablespoon butter or other fat. | 3 drops Tabasco sauce. |

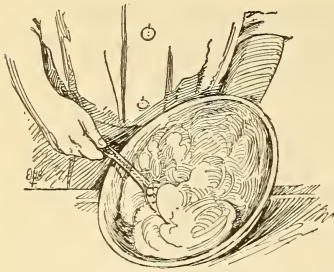
Heat the milk, bread crumbs, and fat in a double boiler. Shave the cheese into thin slices, add it to the hot mixture, and stir until the cheese has melted. Add this mixture to the well-beaten egg yolks. Season to taste with paprika and Tabasco. Fold the hot mixture into the stiffly beaten egg whites containing the salt, pour into a greased dish, and bake in a very moderate oven (300° F.) for one hour, or until set in the center. Serve immediately.

Chocolate Souffle

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| 5 eggs. | ½ cup fine dry bread crumbs. |
| 2 tablespoons flour. | ½ cup sugar. |
| 2 tablespoons butter or other fat. | 1 teaspoon vanilla. |
| ¾ cup milk. | ¼ teaspoon salt. |
| 1½ squares unsweetened chocolate. | |

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.





FRUIT WHIPS can be made of any fruit pulp of pronounced flavor and color. Heat the fruit pulp to dissolve the added sugar, and combine while hot with the stiffly beaten egg whites so as to cook the eggs partially and give body to the mixture. After the fruit pulp has been combined with the egg whites and sugar, the mixture may be baked if desired. When baked in a dish surrounded by water in a very slow oven (225° to 250° F.) for about one hour, the whip should not fall, and may be served either hot or cold. Or, fruit whips may be served as soon as mixed without cooking. Whipped cream is a delicious addition to cold fruit whips.

Apricot Whip

Wash one-half pound of dried apricots thoroughly. Soak overnight in 1 cup cold water. Cook the apricots until soft in the water in which soaked, and press them through a sieve. There should be about 1 cup of pulp. Heat the pulp with one-half cup of sugar, fold the hot mixture into the stiffly beaten whites of three eggs containing one-fourth teaspoon salt, and set aside to cool. Whip one cup of heavy cream, and either fold all into the apricot mixture, or fold in part and save the rest of the whipped cream to serve on top of the pudding. Flavor the whipped cream for the top to taste with sugar and vanilla. Serve at once.

A small quantity of gelatin added to this kind of fruit whip will keep it light and fluffy several hours. Soften 1 teaspoon of gelatin in 1 tablespoon of cold water, add to the cup of hot fruit pulp, and stir until the gelatin is dissolved. Combine this with the egg whites as described.

Baked Prune Whip

Prepare prune whip from one-half pound of dried prunes in the same way as directed for apricot pulp. Heat the prune pulp with one-half cup of sugar, and fold the hot mixture into the stiffly beaten whites of five eggs containing one-fourth teaspoon salt. Add 1 tablespoon or more of lemon juice and flavor the whip mixture to taste with vanilla or almond extract. Bake in a buttered dish surrounded by hot water in a very slow oven (225° to 250° F.) for about one hour. Serve with custard sauce or with cream.

CUSTARDS

Soft Custard

4 to 6 eggs. $\frac{1}{4}$ teaspoon salt.
1 quart milk. 1 teaspoonful vanilla.
6 to 8 tablespoons sugar.

Heat the milk, sugar, and salt in a double boiler. Beat the eggs lightly and mix in some of the hot milk. Pour back into the double boiler, and stir constantly until the custard coats the spoon. Remove at once from the heat, and set in a bowl of cold water. Add the vanilla.



Soft Custard Variations

To make floating island, reserve two of the egg whites and make custard of the remaining ingredients listed above. Cook the stiffly beaten whites by floating portions in a covered pan of hot water for a few minutes. Serve the cooked egg whites on top of the custard. Or, make small baked meringues of the two egg whites to serve on top of the soft custard. For baked meringues, add gradually one-half cup of fine granulated sugar to two stiffly beaten egg whites containing one-eighth teaspoon of salt. Beat the mixture until stiff enough to hold its shape. Flavor with one-fourth teaspoon of vanilla. Drop rounded teaspoonfuls of the mixture on oiled paper and bake in a slow oven (250° to 275° F.) for about one hour. Place the baked meringues on top of the custard immediately before serving.

Thin custard made of three eggs or six egg yolks to 1 quart of milk, with sugar and flavoring to taste, may be served as a sauce with fruits or puddings.

Baked Custard

4 to 6 eggs. $\frac{1}{2}$ teaspoon vanilla.
1 quart milk. Butter.
6 to 8 tablespoons sugar. Nutmeg.
 $\frac{1}{4}$ teaspoon salt.

Heat the milk, sugar, and salt. Stir the hot milk slowly into the lightly beaten eggs. Add the vanilla. Pour the mixture into custard cups, add a bit of butter to each, and sprinkle lightly with nutmeg. Bake in a moderate oven (350° F.) on a rack in a pan of water until the custards are set. When the point of a thin knife comes out clean, the custard is done and should be removed at once from the hot water to keep it from cooking too much. Serve either hot or cold in the custard cups. A spoonful of bright jelly may be placed on top just before serving.

SAUCES AND SALAD DRESSINGS

Hollandaise Sauce

4 egg yolks.	$\frac{1}{4}$ teaspoon salt.
2 tablespoons lemon juice.	Dash of cayenne.
$\frac{1}{2}$ cup butter.	$\frac{1}{4}$ cup boiling water.

Divide the butter into three portions. Beat the egg yolks and lemon juice together, add one piece of butter, and cook in a double boiler, stirring constantly until the mixture begins to thicken. Remove from the stove, add a second piece of butter, and stir rapidly. Then add the remaining butter, and continue to stir until the mixture is completely blended. Add the salt, cayenne, and boiling water. Return to the double boiler, and stir until the sauce thickens.

Mayonnaise Dressing

1 egg yolk.	Paprika to taste.
2 tablespoons vinegar or lemon juice.	1 or 2 drops Tabasco sauce.
$\frac{1}{2}$ teaspoon sugar.	$\frac{3}{4}$ to 1 cup salad oil.
$\frac{1}{2}$ teaspoon salt.	

Mix the seasonings with 1 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 acid, and gradually beat in the rest of the oil.

Cooked Dressing for Meat and Vegetable Salads

2 whole eggs, or 4 yolks.	$\frac{1}{2}$ teaspoon salt.
$\frac{1}{4}$ cup vinegar.	$\frac{1}{4}$ teaspoon mustard.
2 tablespoons butter or other fat.	Dash of paprika.
5 tablespoons cream cheese.	$\frac{1}{8}$ teaspoon celery seed.
2 tablespoons cream.	3 drops Tabasco sauce.
$\frac{1}{2}$ teaspoon 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 about 1 cup of dressing.

Cooked Dressing for Fruit Salad

2 whole eggs, or 4 egg yolks.	$\frac{1}{2}$ teaspoon salt.
$\frac{1}{4}$ cup vinegar.	$\frac{1}{4}$ teaspoon mustard.
1 cup sour cream.	$\frac{1}{8}$ teaspoon paprika.
$\frac{1}{2}$ tablespoon sugar.	

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

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