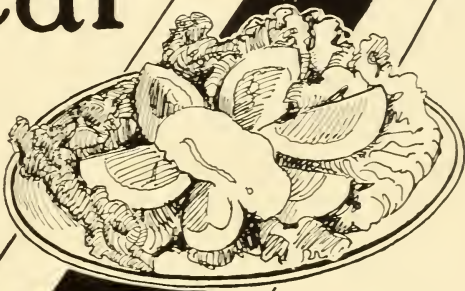


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# Eggs at any Meal



U.S. DEPARTMENT  
OF AGRICULTURE

LEAFLET  
No. 39

Rev. ed.  
follows



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# SOUFFLES

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**S**OUFFLES 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*

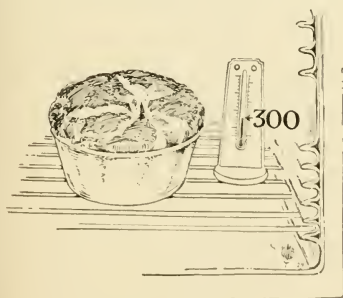
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|------------------------------|--------------------------|
| 4 eggs.                      | ½ pound American cheese. |
| 1½ cups milk.                | ¾ teaspoon salt.         |
| 1 cup fine dry bread crumbs. | ⅓ teaspoon paprika.      |
| 1 tablespoon butter.         | 3 drops tabasco sauce.   |

Heat the milk, bread crumbs, and butter 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 buttered dish, and bake in a very moderate oven (300° F.) for one hour, or until set in the center. Serve immediately.

## *Chocolate Souffle*

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

Melt the butter, 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 buttered 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.





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# CUSTARDS

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## Soft Custard

4 to 6 eggs.                       $\frac{1}{4}$  teaspoon salt.  
1 quart milk.                    1 teaspoon 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 ( $250^{\circ}$  to  $275^{\circ}$  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 ( $350^{\circ}$  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.

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# SAUCES AND SALAD DRESSINGS

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## *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 egg yolks.	$\frac{1}{2}$ teaspoon salt.
$\frac{1}{4}$ cup vinegar.	$\frac{1}{4}$ teaspoon mustard.
1 tablespoon butter.	$\frac{1}{8}$ teaspoon 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 butter 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.	$\frac{1}{4}$ 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.





