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Prepared by
Consumer and Food Economics Institute
Agricultural Research Service

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EGGS in family meals:
A GUIDE FOR CONSUMERS

Eggs are a staple food that most homemakers find indispensable in planning and preparing family meals. Eggs can be served in so many ways and are an ingredient in so many types of recipes that they are likely to appear in some form at any meal.

In addition, eggs make a worthwhile contribution to the nutrient content of diets. They are a source of protein, iron, vitamin A, and riboflavin, and are one of the few foods that contain vitamin D. Because of the amount and quality of their protein, eggs make a good alternate for meat.

If you are counting calories, you can figure that a large egg has about 80 calories, 60 of which come from the yolk.

This bulletin—a guide to eggs at their best—opens with tips on buying and storing shell eggs, then tells how to hard- or soft-cook, poach, fry, scramble, and bake them. This is followed by a wide assortment of recipes in which eggs are an essential ingredient. Calories are given with the recipes and, usually, menu suggestions. Finally, there is information on buying and using frozen and dried egg products.

SHELL EGGS

Buying

When you shop for shell eggs, you may find several grades, two or more sizes within each grade, and considerable range in price per dozen between grades and sizes.

To be sure of getting quality eggs, buy graded eggs at a market that keeps them in refrigerated cases. The USDA grade mark gives assurance that the eggs were of a specific quality at the time of grading. If they have been properly handled since grading, there should be little loss in quality.

For further information on buying eggs for family use, see G 144, "How To Buy Eggs," and G 183, "Your Money's Worth in Foods," available from the U.S. Department of Agriculture.

Grades and sizes

The U.S. Department of Agriculture has developed grade standards that are widely used through-
out the country. The three consumer grades are: U.S. Grade AA or fresh fancy quality, U.S. Grade A, and U.S. Grade B.

Cartons of Government-graded eggs are marked to show both quality and size. The grade mark, in the form of a shield, printed on the carton or on a tape used to seal it, certifies that each egg has been graded for quality and sorted for size. See grade mark above.

Grade AA or Fresh Fancy or Grade A eggs are ideal for all purposes but are especially good for poaching and frying because of their superior appearance. Grade B eggs are satisfactory for combining with other ingredients in cooked dishes.

The grade of the egg does not affect its food value; lower grades are as high in nutrients as top grades. Shell color is determined by breed of hen and does not affect the nutritive value or quality of an egg.

The size classifications of eggs are based on weight per dozen. Size is independent of quality; eggs of any size may be included in each quality grade.

Common market sizes and minimum weight per dozen are:
Extra large—27 ounces
Large—24 ounces
Medium—21 ounces
Small—18 ounces
Two other sizes—Jumbo at 30 ounces per dozen and Peewee (pullet eggs) at 15 ounces per dozen—are sometimes available.

Storing

Put eggs in the refrigerator promptly after purchase—they cannot be expected to maintain their quality if held in a hot car or kitchen.

For best flavor and cooking quality, use eggs within a week. Eggs held in the refrigerator for a long time may develop off-flavors and lose some of their thickening and leavening power.

Cover leftover yolks with cold water and store in the refrigerator in a tightly closed container. Extra egg whites should also be

Caution on Use of Cracked or Soiled Eggs

Cracked or soiled eggs may contain bacteria that can produce food poisoning. Such eggs should be cooked thoroughly or used as an ingredient in baked goods, casseroles, or other foods that will be thoroughly cooked.

This publication gives a warning note with each recipe in which the eggs are not thoroughly cooked. In these recipes, use only fresh, clean, odor-free eggs with no cracks in the shell.
refrigerated in a tightly covered container. Use leftover yolks and whites within a day or two. Pour off water before using yolks.

**Using Eggs in Your Meals**

Eggs are the basis of a variety of delectable dishes—whether served alone or in other foods. Consider the multiple ways that eggs grace the family table: In appetizers—salads and salad dressings—breads and sandwiches—in combination with vegetables and cereals—and as an ingredient in desserts—cakes, pastries, cookies, custards, and other delicacies.

**Basic methods of cooking**

To insure best eating quality, eggs should be cooked with low to moderate heat, for just the right length of time—never overcooked. This fundamental rule of egg cookery applies whether you are cooking eggs in water, fry-pan, or oven.

Heat coagulates and sets the protein and the egg becomes firm. A properly cooked egg has a tender white and a smooth yolk. If cooking temperature is too high or the egg is cooked too long, the protein shrinks and makes the white tough and the yolk mealy.

**Eggs cooked in shell**

Fill pan about half full of water; heat water to boiling.

For soft-cooked eggs, use only clean eggs with no cracks in shells. Lower eggs carefully in a spoon or wire basket into gently boiling water. Reduce heat and simmer just below boiling for 5 minutes or longer depending on the consistency desired.

For hard-cooked eggs, lower eggs carefully in a spoon or wire basket into gently boiling water. Reduce heat and simmer just below boiling for 20 minutes. Serve the eggs hot or cool them at once in cold running water for about 5 minutes.

**NOTE:** The green discoloration that sometimes appears between the white and the yolk of a hard-cooked egg results from a chemical reaction between sulfur in the white and iron in the yolk. This discoloration is harmless, but unattractive. To help prevent it, cook eggs at low temperature, avoid overcooking and cool promptly.

**Calories per large egg.**—About 80.

**Poached eggs**

For poached eggs, use only clean eggs with no cracks in shells.

Break eggs into a saucer or custard cup, one at a time, then slip them into gently boiling, salted water—enough water to cover the eggs in a shallow pan.

Reheat water to simmering, take pan from heat, cover. Let stand 5 minutes, or until eggs are of desired firmness. Remove eggs from water and sprinkle with salt and pepper.

**Calories per large egg.**—About 80.
Fried eggs

For 6 eggs, melt 1 tablespoon fat in a frypan over low to moderate heat. Bacon or ham drippings may be used for flavor. Break eggs, one at a time, into a saucer, and slip them into the fat. Sprinkle with salt and pepper as desired. Cover and cook until whites are firm. If desired, turn eggs carefully after the whites have become firm.

NOTE: For fried eggs, use only clean eggs with no cracks in shells.

Calories per large egg.—About 95.

Fry-poached eggs

For 6 eggs, melt 1/2 tablespoon fat in a frypan over low to moderate heat. Add eggs one at a time, pour in 2 to 3 tablespoons of water, cover pan tightly, and steam until eggs are done. Season before serving.

NOTE: For fry-poached eggs, use only clean eggs with no cracks in shells.

Calories per large egg.—About 85.

Scrambled eggs

For 6 eggs, break eggs into a bowl. Add 1/3 cup milk for soft scrambled eggs; use only 3 tablespoons milk for dry scrambled eggs. For uniform yellow color, beat mixture enough to blend yolks and whites thoroughly. If you prefer scrambled eggs with flecks of yellow and white, beat only slightly. Season as desired with salt and pepper.

Melt 1 tablespoon fat in frypan; pour in mixture. Cook slowly, stirring occasionally just enough to let the uncooked portion flow to the bottom. For soft scrambled eggs, cook until set but still moist. For dry scrambled eggs, cook until completely set.

NOTE: For soft scrambled eggs, use only clean eggs with no cracks in shells.

Calories per large egg.—About 105 for soft scrambled; about 100 for dry scrambled.

VARIATIONS

Onion-flavored scrambled eggs.
—Cook 1 tablespoon chopped onion per egg in the melted fat before adding the egg mixture. (Adds 5 calories per egg.)

Cheese scrambled eggs.—Add 1 tablespoon shredded cheese per egg to the mixture before cooking. (Adds 30 calories per egg.)

Bacon scrambled eggs.—Add 1/2 slice cooked, crumbled bacon per egg to the mixture before cooking. (Adds 25 calories per egg.)

Ham scrambled eggs.—Add 1 tablespoon lean cooked, diced ham per egg to the mixture before cooking. (Adds 15 calories per egg.)

Baked eggs (soft- or hard-cooked)

Break each egg into a greased custard cup or muffin pan or place them all in a shallow baking dish. Pour 1 tablespoon milk over each egg and dot with 1/2 teaspoon butter or margarine. Sprinkle with salt and pepper.

Cover and bake at 325° F. (slow
oven) 20 to 25 minutes or until eggs are as firm as desired.

 NOTE: For soft-cooked baked eggs, use only clean eggs with no cracks in shells.

 Calories per large egg.—About 105.

 VARIATIONS

 Sour cream baked eggs.—Omit the butter or margarine and use sour cream in place of half of the milk. Or use sour half-and-half in place of all of the milk. About 100 calories per large egg.

 Baked eggs with crumb topping.—Omit the milk and sprinkle each egg with 1/2 tablespoon fine dry breadcrumbs. Bake uncovered until eggs are set. About 105 calories per large egg.

 Cheese baked eggs.—Omit the milk and sprinkle eggs with a mixture of 1/2 tablespoon fine dry breadcrumbs and 1 tablespoon shredded cheese per egg. Bake uncovered until eggs are set. About 120 calories per large egg.

 Bacon baked eggs.—Omit the milk and sprinkle eggs with a mixture of 1/2 tablespoon fine dry breadcrumbs and 1/2 slice crumbled crisp bacon per egg. Bake uncovered until eggs are set. About 120 calories per large egg.

 Ham baked eggs.—Omit the milk and sprinkle eggs with a mixture of 1/2 tablespoon fine dry breadcrumbs and 1 tablespoon finely chopped, lean, cooked ham per egg. Bake uncovered until eggs are set. About 110 calories.

 Chicken baked eggs.—Omit the milk and sprinkle eggs with a mixture of 1/2 tablespoon fine dry breadcrumbs and 1 tablespoon finely chopped cooked chicken per egg. Bake uncovered until eggs are set. About 110 calories per large egg.

 How eggs function

 Eggs serve many roles in food preparation and often perform several jobs in a single recipe.

 Specifically, eggs—

 • Thicken custards and various types of puddings, fillings, and sauces. Two egg yolks or two egg whites have the same thickening power as one whole egg.
 • Leaven angel food, sponge, and chiffon cakes, meringues, souffles, and omelets.
 • Blend ingredients together in meat loaves and croquettes and hold a coating of crumbs, flour, or meal to the surface of fried foods.
 • Emulsify two liquids into a stable combination, such as oil and vinegar in mayonnaise, and melted fat and lemon juice in hollandaise sauce.

 Pointers on cooking with eggs

 To cook a mixture that contains a large proportion of egg, follow the general rules for cooking eggs by themselves—keep cooking temperature low to moderate; do not overcook.

 Using eggs for thickening.—Careful temperature control is needed when eggs are used to thicken a liquid mixture such as a custard. Temperatures that are too high, or overcooking, will
cause the egg protein to shrink and separate from the liquid.

To guard against curdling when combining eggs with a hot liquid or mixture of ingredients, stir a little of the hot liquid into the eggs, then stir the eggs into the remaining hot liquid. Or stir all the hot liquid a little at a time into the eggs.

To prevent overheating during surface cooking, use a double boiler and keep the water just below boiling. For oven cooking, set the baking dish in a pan of hot water in a moderate oven. Remove egg mixtures from the heat promptly when done.

In sauces, puddings, and fillings, a starchy thickening agent—flour, cornstarch, or tapioca—is often used in combination with egg. Because starch needs longer cooking than egg, first combine the starch with the liquid and cook thoroughly before adding egg.

Using egg whites for leavening.
—How much leavening power egg whites provide depends on the amount of air beaten in and retained when you are preparing the food.

Egg whites whip more easily and give greater volume at room temperature than when first taken from the refrigerator. For best results, beat whites until they are stiff, but not dry. With the right amount of beating, they will be moist and glossy—just stiff enough to stand in peaks. Overbeating whites often results in a product with less volume or one that divides into layers, with heavier ingredients settling to the bottom.

Combine beaten egg whites and other ingredients with a folding, not a stirring motion. Mix thoroughly, but only enough to blend ingredients well.

Cooking temperature also affects the leavening power of egg whites. With too high a temperature, the protein coagulates before the air bubbles have expanded fully, and a heavy product results. The product also may be overdone on the outside before the interior is set.

Substituting one size egg for another.—Recipes in this bulletin call for large eggs, but the substitution of another size often makes little difference in results.
In some recipes (sponge and angelfood cakes, for example) the proportion of egg to other ingredients is of special importance. For these recipes, it may be necessary to increase the number of eggs if you are using a smaller size.

Table 1 can be used as a guide in substituting one size egg for another.

Sometimes a recipe calls for a volume, rather than a number, of whole eggs, egg whites, or egg yolks. The following shows the approximate number of whole eggs needed to make a cupful:

<table>
<thead>
<tr>
<th>Egg size</th>
<th>Number of whole eggs</th>
</tr>
</thead>
<tbody>
<tr>
<td>Small</td>
<td>7</td>
</tr>
<tr>
<td>Medium</td>
<td>6</td>
</tr>
<tr>
<td>Large</td>
<td>5</td>
</tr>
<tr>
<td>Extra large</td>
<td>4</td>
</tr>
</tbody>
</table>

The following shows the approximate number of whites or yolks needed to make a cupful:

<table>
<thead>
<tr>
<th>Egg size</th>
<th>Whites</th>
<th>Yolks</th>
</tr>
</thead>
<tbody>
<tr>
<td>Small</td>
<td>10</td>
<td>18</td>
</tr>
<tr>
<td>Medium</td>
<td>8</td>
<td>16</td>
</tr>
<tr>
<td>Large</td>
<td>7</td>
<td>14</td>
</tr>
<tr>
<td>Extra large</td>
<td>6</td>
<td>12</td>
</tr>
</tbody>
</table>

**TABLE 1.—Guide for using whole eggs of various sizes in recipes**

<table>
<thead>
<tr>
<th>Number of large eggs</th>
<th>Extra large eggs</th>
<th>Medium eggs</th>
<th>Small eggs</th>
<th>Approximate volume</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>1</td>
<td>1</td>
<td>1</td>
<td>3 tablespoons</td>
</tr>
<tr>
<td>2</td>
<td>2</td>
<td>2</td>
<td>3</td>
<td>¼ cup plus 2 tablespoons.</td>
</tr>
<tr>
<td>3</td>
<td>3</td>
<td>4</td>
<td>4</td>
<td>½ cup plus 2 tablespoons.</td>
</tr>
<tr>
<td>4</td>
<td>3</td>
<td>5</td>
<td>6</td>
<td>¾ cup plus 1 tablespoon.</td>
</tr>
<tr>
<td>5</td>
<td>4</td>
<td>6</td>
<td>7</td>
<td>1 cup.</td>
</tr>
<tr>
<td>6</td>
<td>5</td>
<td>7</td>
<td>8</td>
<td>1 cup plus 3 tablespoons.</td>
</tr>
<tr>
<td>8</td>
<td>6</td>
<td>10</td>
<td>11</td>
<td>1½ cups plus 2 tablespoons.</td>
</tr>
<tr>
<td>10</td>
<td>8</td>
<td>12</td>
<td>14</td>
<td>2 cups.</td>
</tr>
<tr>
<td>12</td>
<td>10</td>
<td>14</td>
<td>17</td>
<td>2½ cups plus 2 tablespoons.</td>
</tr>
</tbody>
</table>

**RECIPES USING EGGS**

The recipes that follow feature some of many ways to use eggs in family meals.

Because many persons are concerned about the calorie value of their diets, ways of reducing calories are indicated in a number of recipes. Some recipes suggest omission of fat or other high-calorie ingredient when such a change can be made without adverse effect. Other recipes suggest replacing an ingredient with a similar one of fewer calories.
Main Dishes

Tuna scramble
6 servings, 1/2 cup each

Tuna, drained .................. 6 1/2- or 7-ounce can
Eggs, beaten ................... 6
Milk, whole or skim ............ 1/4 cup
Butter or margarine, melted . 2 tablespoons
Salt ................................ 1/2 teaspoon
Pepper, white ................... As desired
Toast ........................... 6 slices
Parsley .......................... As desired

Preheat oven to 350° F. (moderate).
Grease shallow 1 1/2-quart casserole.
Break tuna into large pieces.
Combine all ingredients except toast and parsley.
Pour into casserole.
Bake 15 to 20 minutes, or until firm.
Stir once during baking.
Serve on toast cut in triangles.
Garnish with parsley.
Calories per serving.—About 235.

MENU SUGGESTION
Serve with buttered carrots and a tossed vegetable salad. Have lemon pudding for dessert.

Puffy omelet
6 servings

Egg whites ...................... 6
Water .......................... 6 tablespoons
Egg yolks ....................... 6
Salt ............................ 1/2 teaspoon
Pepper ........................ Dash
Butter or margarine .......... 1 tablespoon

Preheat oven to 350° F. (moderate).

Combine egg whites and water.
Beat until stiff but not dry.
Combine egg yolks, salt, and pepper. Beat until thick.
Gently fold yolk mixture into beaten whites.
Melt fat in a large frypan.
Pour egg mixture into pan.
Place in oven and bake until top of omelet springs back when touched, about 15 minutes.
Fold one-half of omelet over other half and serve immediately.
NOTES: For this recipe, use only clean eggs with no cracks in shells.
A layer of yolk at the bottom of a puffy omelet is an indication of too little mixing. Too much mixing makes a heavy, compact omelet. Cook the omelet immediately after mixing, otherwise liquid may separate from the foam.
Calories per serving.—About 95.

MENU SUGGESTION
Serve with tomato juice, ready-to-eat cereal with sliced fresh fruit, and toast with jelly.

Plain omelet (or french omelet)
6 servings

Eggs ......................... 6
Salt .......................... 3/4 teaspoon
Pepper ........................ Dash
Milk .......................... 6 tablespoons
Butter or margarine .......... 3 tablespoons

Beat eggs until yolks and whites are well mixed.
Add salt, pepper, and milk.
Melt the fat in a large frypan and pour in the egg mixture.
Cook over moderate heat. As the omelet cooks, lift edges to-
ward center and tip pan so that the uncooked mixture flows under the cooked portion. Continue cooking until bottom is light brown.

Fold one-half of the omelet over the other half and serve immediately.

NOTE: For this recipe, use only clean eggs with no cracks in shells.

Calories per serving.—About 140.

VARIATIONS

Spread tart jelly or browned mushrooms on half the omelet just before folding.

Sprinkle top of the omelet with shredded cheese, your favorite herbs, or bits of crisp bacon or ham.

MENU SUGGESTION

Serve with half a grapefruit and a sweet roll.

**Deviled ham and egg casserole**

6 servings, ¾ cup each

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bread</td>
<td>4 slices</td>
</tr>
<tr>
<td>Ham, cooked, chopped</td>
<td>2 cups</td>
</tr>
<tr>
<td>Eggs, hard-cooked,</td>
<td>2</td>
</tr>
<tr>
<td>chopped</td>
<td></td>
</tr>
<tr>
<td>Horseradish,</td>
<td>1 teaspoon</td>
</tr>
<tr>
<td>prepared</td>
<td></td>
</tr>
<tr>
<td>Mustard, prepared</td>
<td>1½ tablespoons</td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td>Eggs, beaten</td>
<td>4</td>
</tr>
<tr>
<td>Milk</td>
<td>1¾ cups</td>
</tr>
<tr>
<td>Salt</td>
<td>¼ teaspoon</td>
</tr>
<tr>
<td>Pepper</td>
<td>½ teaspoon</td>
</tr>
</tbody>
</table>

Grease a 7- by 12- by 2-inch baking dish.
Cut crusts from bread and cut bread in half diagonally.
Toast bread and crusts under broiler until lightly browned.
Place crusts in baking dish. Combine ham, hard-cooked eggs, horseradish, and mustard. Spoon the mixture over the crusts. Arrange toasted bread slices over ham mixture. Blend beaten eggs, milk, salt, and pepper. Pour over bread. Let stand in the refrigerator at least an hour to allow bread to absorb the liquid.

Preheat oven to 325° F. (slow). Bake 1 hour or until set.

NOTE: The casserole can be prepared several hours in advance and refrigerated until baking time.

Calories per serving.—About 340.

For fewer calories.—Use 3 ounces pressed chipped ham, chopped, and skim milk in place of cooked ham and whole milk. About 210 calories per serving.

MENU SUGGESTION
Serve with green beans, baked tomatoes, and a fruit gelatin for dessert.

Ham and eggs on biscuits
6 servings

Onion, chopped .......................... ½ cup
Green pepper, chopped .............. ¼ cup
Butter or margarine ................. 2 tablespoons
Cream of mushroom soup, condensed........... 2 cons, 10½ ounces each
Pimiento, chopped ...................... ¼ cup
Salt .................................... ½ teaspoon
Pepper .................................. ¼ teaspoon
Nutmeg, if desired ..................... ¼ teaspoon
Eggs, hard-cooked, cut in thick slices .......... 6
Ham, boiled, 1-ounce slices ........ 6
Biscuits, hot, split ................. 6

Cook onion and green pepper in fat until tender.
Add soup, pimiento, and seasonings; blend well.
Add the eggs; stir carefully to avoid breaking the slices.
Heat thoroughly.
Put a slice of ham on each biscuit.
Pour 1/2 cup of creamed egg mixture over each biscuit.
Calories per serving.—About 375.
For fewer calories.—Omit the fat and simmer the onion and green pepper in 3 tablespoons of water; use 1 can condensed cream of celery soup and 1/2 cup skim milk in place of mushroom soup. About 275 calories per serving.

VARIATION

Ham and eggs on cornbread.—Serve the creamed egg mixture over hot split cornbread squares topped with a slice of boiled ham. About 420 calories per serving.

MENU SUGGESTION

Serve with broccoli and a salad of sliced cucumbers in vinegar. Have fresh fruit for dessert.

Egg and vegetable casserole

6 servings, 1/2 cup each

*Preheat oven to 350° F. (moderate).*
*Grease 1-quart casserole.*
*Combine vegetables, eggs, onion, olives, soup, and salt.*
*Pour into casserole.*
*Toss crushed shredded wheat and cheese together. Sprinkle over casserole.*
*Bake 30 minutes, or until bubbling hot.*
*Calories per serving.—About 215.*

MENU SUGGESTION

Serve with a green salad, hot bread, and fruit for dessert.

Creamed eggs, peas, and carrots

6 servings, 1/2 cup each

Peas and carrots, frozen .... 10-ounce package
Vegetable liquid and water ...................... 1/2 cup
Cream of celery soup, condensed ......... 10 1/2-ounce can
Salt .............................................. 1/2 teaspoon
Pepper .............................................. 1/2 teaspoon
Eggs, hard-cooked, cut into eighths ....... 6
Toast .............................................. 6 slices

Cook peas and carrots according to directions on package.
Drain; save liquid.
Combine vegetable liquid and water, soup, salt, and pepper in a saucepan.
Add peas and carrots.
Add eggs; mix gently to avoid breaking up eggs.
Heat until mixture is bubbling hot, stirring only as necessary to prevent sticking.
Serve over toast.
Calories per serving.—About 200.

VARIATION

Creamed eggs and mixed vegetables.—Use frozen mixed vegetables in place of peas and carrots. About 205 calories per serving.

MENU SUGGESTION

Serve with a raw spinach and citrus fruit salad. Have chocolate pudding for dessert.

Creole eggs

6 servings ½ cup each

Onion, chopped .......... 3 tablespoons
Celery, sliced .......... ¼ cup
Green pepper, chopped ¼ cup
Fat or oil .......... 2 tablespoons
Flour .......... 2 tablespoons
Mushrooms, drained, sliced 2-ounce can
Tomatoes .......... 16-ounce can
Salt .......... 1 teaspoon
Chili powder .......... ¼ teaspoon
Eggs, hard-cooked, coarsely chopped .......... 6
English muffins, split, toasted .......... 6

or

Toast .......... 6 slices

Cook raw vegetables in fat until tender.
Blend in flour.
Stir in mushrooms, tomatoes, salt, and chili powder; blend well.
Gently mix in eggs.
Heat thoroughly.
Serve on English muffins or toast.

Calories per serving.—About 280 when using English muffins; about 210 when using toast.

Eggs fu-yung

6 servings, 2 patties each

Sauce

Chicken broth .......... 1 cup
Soy sauce .......... 2 tablespoons
Cornstarch .......... 1 tablespoon
Water .......... ¼ cup

Egg mixture

Eggs .......... 6
Pork, cooked, diced 1 ½ cups
Onions, small, thinly sliced ¾ cup
Bean sprouts, drained 4-ounce can
Mushrooms, drained 2-ounce can
Fat or oil .......... 2 tablespoons

Combine broth and soy sauce.
Heat to boiling.
Blend cornstarch and water.
Stir slowly into the broth.
Cook and stir constantly until thickened.
Keep warm while cooking egg mixture.
Beat eggs until very thick and light.
Fold in the pork, onions, bean sprouts, and mushrooms.
Heat fat in frypan over moderate heat.
Pour the egg mixture by ½ cupfulls into the pan.
Cook until lightly browned on one side; turn and brown the other side.
Serve the sauce over the patties.

NOTES: For this recipe, use only clean eggs with no cracks in shells.
One chicken bouillon cube and
1 cup water may be used in place of the chicken broth.

Calories per serving.—About 250.

MENU SUGGESTION

Serve with rice, peas, a salad of orange gelatin with mandarin orange sections, and fortune cookies or almond cookies.

Eggs a la king

6 servings, ½ cup each

<table>
<thead>
<tr>
<th>ingredient</th>
<th>quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Butter or margarine</td>
<td>2 tablespoons</td>
</tr>
<tr>
<td>Flour</td>
<td>2 tablespoons</td>
</tr>
<tr>
<td>Worcestershire sauce</td>
<td>1½ teaspoons</td>
</tr>
<tr>
<td>Prepared mustard</td>
<td>1½ teaspoons</td>
</tr>
<tr>
<td>Salt</td>
<td>½ teaspoon</td>
</tr>
<tr>
<td>Milk</td>
<td>2 cups</td>
</tr>
<tr>
<td>Mushrooms, drained</td>
<td>4-ounce can</td>
</tr>
<tr>
<td>Pimiento, chopped</td>
<td>¼ cup</td>
</tr>
<tr>
<td>Eggs, sliced, hard-cooked</td>
<td>6</td>
</tr>
<tr>
<td>Toast</td>
<td>6 slices</td>
</tr>
<tr>
<td>Parsley, if desired</td>
<td>6 sprigs</td>
</tr>
</tbody>
</table>

Melt fat; blend in flour. Add seasonings.

Gradually stir in milk.

Cook, stirring constantly, until thickened. Gently stir in mushrooms and pimiento.

Add eggs; do not stir. Heat to serving temperature.

Serve on toast. Garnish with parsley.

Calories per serving.—About 240.

French toast

6 servings, 2 slices each

<table>
<thead>
<tr>
<th>ingredient</th>
<th>quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Eggs, beaten</td>
<td>4</td>
</tr>
<tr>
<td>Milk</td>
<td>½ cup</td>
</tr>
<tr>
<td>Salt</td>
<td>¼ teaspoon</td>
</tr>
<tr>
<td>Bread</td>
<td>12 slices</td>
</tr>
<tr>
<td>Fat or oil</td>
<td>2 tablespoons</td>
</tr>
</tbody>
</table>

Combine eggs, milk, and salt. Dip each side of bread in egg mixture.

Brown on both sides in the fat on a hot griddle—3 to 4 minutes on each side.

Serve immediately.

NOTE: For this recipe, use only clean eggs with no cracks in shells.

Calories per serving.—About 230.

VARIATION

Spicy french toast.—Add ½ teaspoon cinnamon or nutmeg to egg mixture before dipping bread. About 230 calories per serving.

MENU SUGGESTION

Serve with fruit juice or a slice of melon in season, syrup, and crisp strips of bacon.

Corn pudding

6 servings, about ⅔ cup each

<table>
<thead>
<tr>
<th>ingredient</th>
<th>quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Butter or margarine</td>
<td>1 tablespoon</td>
</tr>
<tr>
<td>Flour</td>
<td>1 tablespoon</td>
</tr>
<tr>
<td>Milk, scalded</td>
<td>1 cup</td>
</tr>
<tr>
<td>Salt</td>
<td>1 teaspoon</td>
</tr>
<tr>
<td>Pepper</td>
<td>¼ teaspoon</td>
</tr>
<tr>
<td>Sugar</td>
<td>1 teaspoon</td>
</tr>
<tr>
<td>Cream-style corn</td>
<td>16-ounce con</td>
</tr>
<tr>
<td>Eggs, slightly beaten</td>
<td>4</td>
</tr>
</tbody>
</table>

Preheat oven to 375° F. (moderate).
Grease 1-quart casserole.
Melt fat, blend in flour.
Add milk, salt, pepper, and sugar.
Add corn and heat slightly.
Blend eggs into warm milk mixture.
Pour into casserole.
Place casserole in pan of hot water.
Bake 1 hour or until set.
Calories per serving.—About 165.
For fewer calories.—Use a 10-ounce package of frozen whole kernel corn in place of the cream-style corn. About 140 calories per serving.

MENU SUGGESTION
Serve with hot or cold sliced corned beef, green snap beans, and French bread. Have fruit gelatin and pound cake for dessert.

Sauces

Hollandaise sauce

\[
\frac{3}{4} \text{ cup sauce}
\]

| Butter or margarine | \( \frac{1}{2} \text{ cup} \) |
| Egg yolks, well beaten | 4 |
| Boiling water | \( \frac{1}{2} \text{ cup} \) |
| Lemon juice | 2 tablespoons |
| Salt | \( \frac{1}{2} \text{ teaspoon} \) |
| Cayenne, if desired | Few grains |

Melt the fat over hot water. Remove from heat and cool. Blend egg yolks into fat. Add boiling water slowly, stirring constantly. Cook over hot (not boiling) water, stirring constantly, until thickened. Remove from heat. Stir in lemon juice and seasonings.

Serve immediately over asparagus, broccoli, brussels sprouts, or other vegetables. It is also good with fish.

NOTES: For this recipe, use only clean eggs with no cracks in shells.
Special care is needed in making this sauce; it is likely to curdle if cooked at too high a temperature or for too long a time. A curdled hollandaise can sometimes be made smooth again by beating a small amount of warm water into the sauce.

Calories per tablespoon.—About 90.

Quick egg sauce

\[
2 \text{ cups sauce}
\]

| Cream of celery soup, condensed | 10\frac{1}{2}-ounce can |
| Eggs, hard-cooked, finely chopped | 2 |
| Green peppers, finely chopped | 2 tablespoons |
| Milk | \( \frac{1}{4} \text{ cup} \) |
| Pepper | \( \frac{1}{2} \text{ teaspoon} \) |

Combine all ingredients. Heat to simmering. Serve over cooked vegetables or ham croquettes.

Calories per \( \frac{1}{3} \text{ cup} \).—About 70.

VARIATION
Use cream of mushroom soup in place of the cream of celery soup. About 90 calories per serving.
Salads and Salad Dressings

Egg and veal salad
6 servings, ⅔ cup each

Eggs, hard-cooked, chopped ........ 6
Veal, cooked, diced .................. 2 cups
Green beans, cooked or canned, cut in ⅛-inch pieces .... 1 cup
Celery, sliced ......................... ½ cup
Pickle, sweet or dill, chopped .... ½ cup
Pickle liquid .......................... 2 tablespoons
Salt ........................................... ½ teaspoon
Pepper ....................................... ¼ teaspoon
Salad dressing .......................... ½ cup
Salad greens ............................. Several leaves
Tomatoes, cut in wedges.............. 1 or 2, as desired

Combine eggs, veal, beans, celery, and pickle.
Blend pickle liquid, salt, and pepper with salad dressing.
Stir into egg mixture.
Chill.
Serve on crisp salad greens; garnish with tomato wedges.

Calories per serving.—About 345.

MENU SUGGESTION
Serve egg and veal salad with potato chips and carrot sticks, and have fresh fruit for dessert.

Egg salad dressing
1½ cups salad dressing

Eggs, hard-cooked, finely chopped ........... 4
Onion, minced ............................. 2 tablespoons
Parsley, chopped .......................... 2 tablespoons
Mustard, prepared ......................... 1 tablespoon
Pickle liquid .............................. 1 tablespoon
Salt .......................................... ½ teaspoon
Salad dressing ............................. ½ cup

Combine all ingredients.
Chill. Serve on tomato or other vegetable salad.

Calories per tablespoon.—About 35.

For fewer calories.—Use low-calorie salad dressing in place of regular salad dressing. About 15 calories per tablespoon.

Jellied egg ring
6 servings, ½ cup each

Unflavored gelatin ....................... 1 tablespoon
Cold water ............................... ½ cup
Boiling water ............................. ½ cup
Lemon juice .............................. 2 tablespoons
Hot pepper sauce ......................... 2 drops
Salt .......................................... ¼ teaspoon
Salad dressing .......................... ½ cup
Eggs, hard-cooked, chopped ........ 6
Olives, sliced ............................. ½ cup
Celery, chopped .......................... ¼ cup
Onion, minced ............................. ½ teaspoon
Parsley, chopped ......................... 2 tablespoons
Salad greens ............................. Several leaves

Soften gelatin in cold water.
Dissolve in boiling water.
Blend in the lemon juice, hot pepper sauce, salt, and salad dressing.
Chill until thick but not set.
Blend in remaining ingredients except salad greens. Mix well.
Pour into a 1-quart ring mold.
Chill until set.
Unmold on crisp salad greens.

Calories per serving.—About 215.

For fewer calories.—Use ⅓ cup salad dressing. About 155 calories per serving.

MENU SUGGESTION
Fill the ring with chicken or
crab salad and serve with tomato slices and cucumber rings. Have fresh fruit for dessert.

**Jellied ham and egg salad**

*6 servings, \( \frac{3}{4} \) cup each*

- Unflavored gelatin: 1 tablespoon
- Cold water: \( \frac{1}{2} \) cup
- Boiling water: 1 cup
- Catsup: \( \frac{1}{4} \) cup
- Worcestershire sauce: 1 teaspoon
- Deviled ham: 4½-ounce can
- Eggs, hard-cooked, finely chopped: 4
- Onion, minced: \( \frac{1}{4} \) cup
- Pickle, sweet or dill, chopped: \( \frac{1}{4} \) cup
- Pickle liquid: 2 tablespoons
- Celery, sliced: \( \frac{1}{4} \) cup
- Salt: \( \frac{1}{2} \) teaspoon
- Pepper: \( \frac{1}{6} \) teaspoon
- Salad greens: Several leaves

Soften gelatin in cold water. Dissolve in boiling water. Add catsup and worcestershire sauce to \( \frac{3}{4} \) cup of the gelatin mixture. Pour into a 1-quart mold. Chill just until set. Combine the rest of the dissolved gelatin with all remaining ingredients except the salad greens. Pour carefully over the catsup-gelatin layer. Chill until set. Unmold on crisp salad greens. *Calories per serving.—About 155.*

**MENU SUGGESTION**

Serve with cream cheese and olive sandwiches and carrot and celery sticks. Have peanut butter cookies for dessert.
Eggs stuffed with crabmeat
6 servings, 1 egg each

Eggs, hard-cooked ....... 6
Crabmeat, drained ....... 61/4- or 71/2-ounce can
Celery, chopped ........... 1/2 cup
Mustard, dry ............... 1 teaspoon
Salt ..................... 1/2 teaspoon
Salad dressing .......... 1/2 cup
Paprika ................. As desired

Cut eggs in half lengthwise.
Scoop out yolks and mash.
Drain and flake crabmeat.
Combine egg yolks, crabmeat, celery, mustard, salt, and salad dressing. Mix well.
Fill egg whites with crab mixture.
Sprinkle with paprika.
Calories per serving.—About 155.
For fewer calories.—Use low-calorie salad dressing. About 110 calories per serving.

VARIATIONS

Eggs stuffed with chicken.—Substitute 1 cup finely chopped cooked or canned chicken for the crabmeat. Reduce mustard to 1/2 teaspoon and salad dressing to 1/4 cup. About 180 calories per serving.

Eggs stuffed with ham.—Substitute a 21/4-ounce can of deviled ham for the crabmeat. Omit salt and paprika. About 130 calories per serving.

MENU SUGGESTION

Serve with tomatoes and lettuce, cold cooked asparagus marinated in french dressing, and peach shortcake.

Egg and kidney bean salad
6 servings, 1/2 cup each

Eggs, hard-cooked, chopped .... 4
Kidney beans, well drained .... 16-ounce can
Celery, sliced ............ 1/2 cup
Parsley, chopped ........ 1/2 cup
Onion, finely chopped ....... 2 tablespoons
French dressing ........... 3 tablespoons
Mustard, prepared ......... 1 teaspoon
Horseradish, prepared ...... 1 teaspoon
Salt .................. 1/2 teaspoon
Pepper .................. 1/2 teaspoon
Lettuce ................ Seats leaves

Combine eggs, beans, celery, parsley, and onion.
Blend the french dressing with the seasonings; stir into egg mixture.
Chill at least 1 hour.
Serve on crisp lettuce.
Calories per serving.—About 125.

MENU SUGGESTION

Serve with potato chips, panned cabbage, and pickled beets. Have baked apples for dessert.

Egg and spring onion salad
6 servings, 1/2 cup each

Unflavored gelatin ............. 1 tablespoon
Cold water .................. 1/4 cup
Boiling water .............. 1/2 cup
Eggs, hard-cooked, chopped .... 6
Green onions, sliced ........ 1/4 cup
Radishes, sliced ........... 1/2 cup
Mustard, prepared ........ 1 teaspoon
Worcestershire sauce .... 1/2 teaspoon
Salt .................. 1/2 teaspoon
Pepper .................. 1/2 teaspoon
French dressing ........... 1/2 cup
Salad greens ....... Seats leaves
Soften gelatin in cold water.
Dissolve in boiling water.
Add remaining ingredients except salad greens and mix well.
Pour into a 1-quart mold or six individual molds.
Chill until set.
Unmold on crisp salad greens.
Calories per serving.—About 175.

MENU SUGGESTION

Serve with cold roast beef and sliced tomatoes. Have cherry pie for dessert.

Sandwiches and Sandwich Fillings

Lamb and egg sandwich filling

2 1/2 cups filling

Lamb, cooked, finely chopped ... 2 cups
Eggs, hard-cooked, chopped ... 3
Pimiento, chopped ............... 1 tablespoon
Parsley, chopped ............... 1 tablespoon
Salad dressing .................. 1/2 cup
Garlic salt ..................... 1/2 teaspoon

Combine all ingredients. Mix well.
Chill.
Use 1/3 cup filling per sandwich.
Calories per serving.—About 210 for the filling; 330 for a sandwich made with two slices of bread.

MENU SUGGESTION

Serve with a mixed vegetable salad. Have apple brown betty with whipped cream for dessert.

Grilled egg-meat sandwich

6 sandwiches

Luncheon meat, finely chopped 7-ounce can
Catsup 1/4 cup
Eggs, hard-cooked, chopped 4
Pickle, chopped 1/2 cup
Cheddar cheese, shredded 1/2 cup
Onion, minced 2 tablespoons
Hamburger buns, split 6

Mix meat and catsup. Stir in eggs, pickle, cheese, and onion.
Place buns, cut sides up, on a baking sheet.
Toast lightly under a broiler. Remove top halves and keep them warm.
Spread 1/3 cup of meat mixture on the bottom half of each bun.
Broil to light brown.
Cover with top halves of buns and serve at once.
Calories per serving.—About 330.

MENU SUGGESTION

Serve with cream of celery soup. Have purple plums with angelfood cake for dessert.

Egg salad sandwich filling

2 cups sandwich filling

Eggs, hard-cooked, chopped 6
Salad dressing 2 tablespoons
Mustard, prepared 1 tablespoon
Pickle relish 1/2 cup
Parsley, chopped 2 tablespoons
Salt 1/2 teaspoon
Pepper 1/4 teaspoon

Combine all ingredients. Mix well. Chill.
Use 1/3 cup filling per sandwich.
Calories per serving.—About 120 for the filling; 240 for a sandwich made with two slices of bread.

MENU SUGGESTION

Serve with cream of celery soup. Have purple plums with angelfood cake for dessert.

Denver sandwich

6 sandwiches

Bacon, diced before cooking 6 slices
Onion, minced 3 tablespoons
Eggs, beaten 6
Milk 1/4 cup
Salt 1/4 teaspoon
Pepper 1/4 teaspoon
Butter or margarine 4 tablespoons
Bread 12 slices

Partially fry diced bacon. Add minced onion; cook until tender.
Mix eggs with milk and seasonings.
Pour over bacon and onion.
Fry on one side until brown.
Turn, fry on other side, cut into six pieces.
Butter slices of bread.
Put egg filling on six slices of bread; cover with the other six slices.

*Calories per serving.*—About 320.

**MENU SUGGESTION**

Serve with tomato soup and assorted raw vegetable sticks. Have orange sections and sliced bananas with chocolate chip cookies for dessert.

**Egg and cream cheese filling**

*1 1/4 cups filling*

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Eggs, hard-cooked, finely</td>
<td>3</td>
</tr>
<tr>
<td>chopped</td>
<td></td>
</tr>
<tr>
<td>Cream cheese, chive flavored</td>
<td>4 ounces</td>
</tr>
<tr>
<td>Salad dressing</td>
<td>2 tablespoons</td>
</tr>
<tr>
<td>Mustard, prepared</td>
<td>1 teaspoon</td>
</tr>
<tr>
<td>Worcestershire sauce</td>
<td>1/2 teaspoon</td>
</tr>
<tr>
<td>Salt</td>
<td>1/2 teaspoon</td>
</tr>
<tr>
<td>Pepper</td>
<td>1/2 teaspoon</td>
</tr>
</tbody>
</table>

Combine all ingredients.
Blend well. Chill.
Use about 3 tablespoons filling per sandwich.

*Calories per serving.*—About 130 for the filling; 250 for a sandwich made with two slices of bread.

**MENU SUGGESTION**

In a lunchbox, pack a sandwich made with egg and cream cheese sandwich filling, raw carrot and celery sticks, a small bunch of seedless grapes, and one or two cookies. (Chill the sandwich before packing lunch and hold it no longer than 2 to 3 hours at room temperature before eating it.)

**Desserts**

**Meringue shells**

*6 servings*

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Egg whites</td>
<td>3</td>
</tr>
<tr>
<td>Salt</td>
<td>1/4 teaspoon</td>
</tr>
<tr>
<td>Cream of tartar</td>
<td>1/4 teaspoon</td>
</tr>
<tr>
<td>Sugar</td>
<td>3/4 cup</td>
</tr>
</tbody>
</table>

*Preheat oven to 250° F. (very slow).*
Beat egg whites until foamy.
Add salt and cream of tartar.
Beat until soft peaks form.
Add sugar gradually, beating constantly, and continue beating until very stiff peaks form.
Shape meringue into six mounds on heavy brown paper placed on a baking sheet. Using the back of a spoon, form a hollow in the center of each mound.

Bake 1 hour. Turn off heat and let meringues cool in oven.

Meringue shells—delicious with fruit.
Serve with chocolate filling, ice cream, or fruit.

NOTE: One teaspoon lemon juice may be used instead of cream of tartar. Add it after the sugar has been beaten into the egg whites.

Calories per meringue shell.—About 105.

VARIATION

Meringue pie crust.—Spoon the meringue mixture into a 9-inch pan, heaping it around the edge to form shell. Bake as above.

Chocolate filling for meringues

Fills 6 shells

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chocolate, unsweetened</td>
<td>2 ounces</td>
</tr>
<tr>
<td>Sugar</td>
<td>½ cup</td>
</tr>
<tr>
<td>Flour</td>
<td>1 tablespoon</td>
</tr>
<tr>
<td>Milk</td>
<td>1½ cups</td>
</tr>
<tr>
<td>Egg yolks, slightly beaten</td>
<td>3</td>
</tr>
<tr>
<td>Vanilla</td>
<td>½ teaspoon</td>
</tr>
</tbody>
</table>

Melt the chocolate in a heavy saucepan over very low heat.

Add the sugar, flour, and enough of the milk to make a thick, smooth mixture. Gradually blend in the remaining milk.

Cook over low heat, stirring constantly, until mixture thickens.

Stir a little of the hot mixture into the egg yolks. Then stir the egg yolks into rest of hot mixture.

Cook a few more minutes over very low heat, stirring constantly, until thickened.

Add vanilla and stir.

Cover until used to keep surface from forming a film. Serve warm or chilled.

Calories per serving.—About 215 for filling only.

Baked custard

6 servings, ⅔ cup each

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Eggs, slightly beaten</td>
<td>4</td>
</tr>
<tr>
<td>Sugar</td>
<td>⅔ cup</td>
</tr>
<tr>
<td>Salt</td>
<td>⅛ teaspoon</td>
</tr>
<tr>
<td>Milk, hot</td>
<td>3 cups</td>
</tr>
<tr>
<td>Vanilla</td>
<td>1 teaspoon</td>
</tr>
<tr>
<td>Nutmeg</td>
<td>As desired</td>
</tr>
</tbody>
</table>

Preheat oven to 325° F. (slow).

Combine eggs, sugar, and salt. Stir in the milk gradually.

Add vanilla.

Pour into custard cups.

Sprinkle with nutmeg.

Set cups in a pan of hot water.

Bake 30 to 40 minutes, or until custard is set.

NOTE: Baked custard is done when the tip of a table knife inserted in the center comes out clean.

Calories per serving.—About 180.

For fewer calories.—Use three eggs and skim milk. About 130 calories per serving.

VARIATION

Raisin custard.—Add 1 tablespoon raisins to each cup of custard before baking. About 210 calories per serving.

Soft custard

6 servings, ⅔ cup each

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Eggs</td>
<td>3 or 4, as desired</td>
</tr>
<tr>
<td>Sugar</td>
<td>⅔ cup</td>
</tr>
<tr>
<td>Salt</td>
<td>⅛ teaspoon</td>
</tr>
<tr>
<td>Milk, whole or skim, hot</td>
<td>3 cups</td>
</tr>
<tr>
<td>Vanilla</td>
<td>1 teaspoon</td>
</tr>
<tr>
<td>Cinnamon or nutmeg</td>
<td>As desired</td>
</tr>
</tbody>
</table>

Beat eggs slightly.

Add sugar and salt.
Stir the milk in gradually.
Cook over hot (not boiling) water, stirring constantly, until the mixture coats the spoon.
Add vanilla.
Remove from the hot water at once; cool.
Sprinkle a little cinnamon or nutmeg on each serving.

Notes: For this recipe, use only clean eggs with no cracks in shells.
The consistency of soft custard varies with the proportion of egg; four eggs make a thicker custard than three.
Soft custard thickens slightly as it cools.
Two egg yolks or whites may be used in place of each whole egg. Custards made entirely with egg white, however, lack the characteristic custard flavor and color.

Calories per serving.—About 170 if custard is made with four eggs and whole milk; 120 if made with three eggs and skim milk.

**Ambrosia pie**

*9-inch pie, 8 servings*

- Baked pastry shell, 9-inch 1
- Sugar ¾ cup
- Cornstarch 3 tablespoons
- Salt ½ teaspoon
- Egg yolks 3
- Water 1 cup
- Orange juice ½ cup
- Orange rind, grated 2 teaspoons
- Coconut ½ cup
- Egg whites 3
- Salt ¼ teaspoon
- Sugar ½ cup

Mix sugar, cornstarch, and salt in a saucepan.
Beat egg yolks and water together. Stir into dry ingredients.
Cook over low heat until thickened, stirring constantly. Remove from heat.
Stir in orange juice and rind.
Pour into baked pastry shell.
Sprinkle about 2 tablespoons coconut over filling.

**Preheat oven to 350° F. (moderate).**

Beat egg whites until foamy.
Add salt and beat until soft peaks form.
Add sugar gradually, beating until stiff peaks form.
Pile meringue on warm pie filling. Spread to crust edge to help prevent shrinking.
Sprinkle rest of coconut on meringue.

Bake about 15 minutes until lightly browned.

Note: For this recipe, use only clean eggs with no cracks in shells.

Calories per serving.—About 295.

**Butterscotch pie**

*9-inch pie, 6 to 8 servings*

- Brown sugar, packed 1 cup
- Cornstarch ¼ cup
- Salt ½ teaspoon
- Water 1 cup
- Milk 1½ cups
- Egg yolks, slightly beaten 3
- Butter or margarine ¼ cup
- Vanilla 1½ teaspoons
- Pastry shell, baked, 9-inch 1
- Egg whites 3
- Salt ¼ teaspoon
- Sugar ½ cup

Mix brown sugar, cornstarch, and salt in saucepan.
Gradually stir in the water and milk.
Cook over moderate heat, stirring constantly, until thickened.
Simmer one minute longer.
Stir a little of the hot mixture into the egg yolks, then stir yolks into remaining hot mixture.
Cook one minute longer, stirring constantly.
Remove from heat; stir in fat and vanilla.
Pour filling into pie shell.
*Preheat oven to 350° F. (moderate).*

Beat egg whites until foamy.
Add salt and beat until soft peaks form.
Add sugar gradually, beating constantly, and continue beating until stiff peaks form.
Pile meringue on pie while filling is still warm.
Bake 15 to 20 minutes, or until lightly browned.

**NOTE:** For this recipe, use only clean eggs with no cracks in shells.

*Calories per serving.*—About 370 if cut in six servings; about 280 if cut in eight.

**Cheesecake**

*9-inch cake, 12 servings*

- Zwieback crumbs ............. 1 cup
- Butter or margarine, melted .... 2 tablespoons
- Sugar .......................... 2 tablespoons
- Cinnamon ........................ ¼ teaspoon
- Cream cheese ................. 16 ounces
- Sugar .......................... ½ cup
- Flour ......................... 2 tablespoons
- Salt ............................ ½ teaspoon
- Lemon rind, grated ........... 1 lemon
- Lemon juice ................... 1 lemon
- Egg yolks ..................... 5
- Sour cream ........................ 1 cup
- Vanilla ........................ ½ teaspoon
- Egg whites ..................... 5

Mix crumbs, melted fat, sugar, and cinnamon.
Line bottom of 9-inch spring-form pan with ¾ cup crumbs, saving remaining crumbs for top.

Preheat oven to 325° F. (slow).
Beat cheese until soft. Mix in sugar, flour, and salt.
Stir in lemon rind and juice.
Add yolks one at a time, beating after each addition.
Add sour cream and vanilla.
Mix well.
Beat egg whites until stiff.
Fold egg whites into cheese mixture.
Pour mixture into pan. Cover with remaining crumbs.
Bake 1 hour or until set.
Cool on cake rack. Refrigerate.

Calories per serving.—About 305.

Apple souffle

6 servings, ⅓ cup each

Butter or margarine .......... 2 tablespoons
Flour .................................. 2 tablespoons
Milk .................................. ⅓ cup
Applesauce ................. ⅓ cups
Egg yolks, beaten .......... 4
Breadcrumbs, soft ......... ⅓ cup
Salt .......................... ½ teaspoon
Cinnamon .................. ½ teaspoon
Sugar ............... ⅓ cup
Lemon juice ............. 1 tablespoon
Egg whites, stiffly beaten .... 4

Sauce

Cornstarch .................. 1 teaspoon
Sugar .................. ⅓ tablespoons
Apple juice .............. ⅔ cup

Melt the fat.
Blend in flour; stir in milk and applesauce.
Cook over low heat until thickened, stirring constantly. Cool.

Preheat oven to 300° F. (slow).

Grease a 1½-quart casserole.
Blend egg yolks into applesauce mixture.
Add breadcrumbs, salt, cinnamon, sugar, and lemon juice.
Fold in the egg whites.
Pour into casserole and set in a pan of hot water.
Bake 1 hour.
Serve warm.

Sauce

Mix cornstarch and sugar, and add to apple juice.
Cook until thickened, stirring constantly.
Serve over souffle.
Calories per serving.—About 205.

VARIATION

Serve with a topping of ice cream instead of sauce.

Yellow chiffon cake

10-inch cake, 15 servings

Oil ......................... , ½ cup
Egg yolks .................. 4
Water, cold ................. ⅔ cup
Vanilla ..................... ⅔ teaspoons
Cake flour, unsifted ......... 2 cups
Sugar ........................ 1½ cups
Baking powder, double-acting ... ⅔ teaspoons
Salt .......................... 1½ teaspoons
Egg whites ................. 4
Cream of tartor ............. ½ teaspoon

Preheat oven to 350° F. (moderate).
Place oil, unbeaten egg yolks, cold water, and vanilla in mixing bowl, and mix well.
Mix dry ingredients thoroughly and add to liquid mixture. Beat until smooth.
Pour egg whites into large mixing bowl. Add cream of tartar. Beat until very stiff peaks are formed.
Fold egg yolk mixture gently into egg white mixture.
Pour batter immediately into an ungreased 10-inch tube pan.
Bake about 1¼ hours, or until top is springy to touch.
Invert cake in pan until cool.
Serve plain or topped with a lemon or chocolate glaze.

Calories per serving.—About 215 when served plain.

Frozen lemon dessert
8 or 9 servings
Vanilla cookie crumbs ............ 1 cup
Butter or margarine, melted .... 2 tablespoons
Whipping cream ................... 1 cup
Eggs .............................. 3
Sugar ............................. ⅛ cup
Salt .............................. ¼ teaspoon
Lemon juice ........................ ¼ cup
Lemon rind, grated, if desired ... 1 tablespoon

Mix ⅔ cup cookie crumbs with the fat; spread in an 8-inch square pan. Chill.
Chill whipping cream.
Beat eggs.
Add sugar, salt, and lemon juice.
Cook over hot water until thick, stirring constantly. Cool.
Add lemon rind.
Whip the cream.
Fold whipped cream into egg mixture.
Pour egg mixture over crumb crust.
Top with remaining crumbs.
Freeze.

NOTE: For this recipe, use only clean eggs with no cracks in shells.

Calories per serving.—About 270 if cut in eight servings; 240 if cut in nine.

For fewer calories.—Use ⅛ cup evaporated milk in place of cream.
Before whipping evaporated milk, place measured milk in bowl in freezer compartment until ice crystals form around edges. About 195 calories per serving if cut in eight servings; 175 calories if cut in nine.

FROZEN EGGS

Commercially Frozen Egg Products

Commercially frozen egg products include whole eggs, egg whites, egg yolks, and various blends prepared by the addition of other food ingredients, such as sugar or salt. Under the Egg Products Inspection Act these egg products are required to be inspected by the U.S. Department of Agriculture. A USDA inspection mark on a frozen egg package indicates that the product was prepared from wholesome eggs under sanitary conditions. These egg products are required to be pasteurized, further insuring the wholesomeness of the product.
Frozen eggs are used mainly in the commercial production of baked goods, candy, noodles, salad dressings, and for other large-quantity food preparation. They are sometimes found in retail markets, and can be used in place of shell eggs in any recipe.

**Using Frozen Eggs**

Thaw only the amount of frozen eggs needed at one time. A half-pint container will thaw overnight in the refrigerator. Because eggs spoil easily when they become warm, thaw frozen egg products in the refrigerator. If thawed eggs are not used immediately, keep them in an air-tight container in the refrigerator and use within 24 hours.

In recipes, you can use 3 tablespoons of frozen whole eggs for one shell egg; 1/3 tablespoons of frozen yolk for one fresh yolk; and 2 tablespoons of frozen white for one fresh white.

**DRIED EGG SOLIDS**

**Buying**

Dried egg solids are prepared by removing 90 percent or more of the water from fresh eggs. Dried egg products are available as whole egg solids, egg white solids, egg yolk solids, and various blends. Like frozen eggs, dried eggs are inspected under the mandatory USDA Egg Products Inspection Program and have a USDA inspection mark to indicate that the product was prepared from wholesome eggs under sanitary conditions.

Dried egg solids for home consumption are packed in small containers. When buying dried egg solids, keep in mind these approximate equivalents:

8 ounces of dried whole egg solids = 16 large or 18 medium whole eggs.

8 ounces of dried egg yolk solids = 27 egg yolks.
8 ounces of dried egg white solids = 50 egg whites.

Dried egg solids are more often sold in specialty stores and sporting goods stores than supermarkets.

**Storing**

Store dried egg solids in the refrigerator. They will stay sweet and mild in flavor for about a year if properly stored.

After a package of dried egg solids is opened, refrigerate any unused portion in a container with a close-fitting lid. If not covered tightly, dried egg solids may absorb moisture and odors from the air and become lumpy, and will not mix readily with liquid.
Using Dried Egg Products

USDA-inspected dried egg products, prepared from high-quality eggs under controlled sanitary conditions, can replace shell eggs in many recipes.

Dried egg solids are reconstituted by blending with water. Reconstitute only the quantity needed at one time. Table 2 shows the amounts of dried egg product and water to replace specified numbers of whole eggs, egg yolks, or egg whites.

To reconstitute.—Sift dried egg solids. Place lightly in a measuring spoon or cup and level the top with a spatula or straight edge of a knife. Put water in a bowl, sprinkle the dried egg solids over the water, and stir to moisten the egg. Then beat until smooth, scraping the egg mixture from the sides of the bowl as you beat.

Use reconstituted egg immediately, or cover tightly, refrigerate promptly, and use within 3 hours.

Reconstituted dried egg solids can be used in the same way as shell eggs in many recipes. It is often quicker and easier, however, to combine the dried egg solids with the other dry ingredients and then increase the liquid in the recipe by adding the amount of water needed to reconstitute the egg. This procedure can be followed for cakes, cookies, and quick breads, and for baked custards, puddings, and pie fillings.

Table 2.—Amounts of dried egg product and water to replace specified numbers of whole eggs, egg yolks, or egg whites

<table>
<thead>
<tr>
<th>If a recipe calls for—</th>
<th>You may use—</th>
<th>Dried egg product, sifted</th>
<th>Water</th>
</tr>
</thead>
<tbody>
<tr>
<td>Whole eggs: ¹</td>
<td></td>
<td>2½ tablespoons.</td>
<td>2½ tablespoons.</td>
</tr>
<tr>
<td>1</td>
<td></td>
<td>2 tablespoons.</td>
<td>1 cup.</td>
</tr>
<tr>
<td>6</td>
<td></td>
<td>1 cup.</td>
<td>1 cup.</td>
</tr>
<tr>
<td>Egg yolks:</td>
<td></td>
<td>2 tablespoons.</td>
<td>2 teaspoons.</td>
</tr>
<tr>
<td>1</td>
<td></td>
<td>% cup.</td>
<td>% cup.</td>
</tr>
<tr>
<td>6</td>
<td></td>
<td>¾ cup.</td>
<td>% cup.</td>
</tr>
<tr>
<td>Egg whites:</td>
<td></td>
<td>2 teaspoons.</td>
<td>2 tablespoons.</td>
</tr>
<tr>
<td>1</td>
<td></td>
<td>¼ cup.</td>
<td>¼ cup.</td>
</tr>
<tr>
<td>6</td>
<td></td>
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¹ Large eggs weighing 24 ounces per dozen.
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<td>5</td>
</tr>
<tr>
<td>With cheese</td>
<td>5</td>
</tr>
<tr>
<td>With chicken</td>
<td>5</td>
</tr>
<tr>
<td>With crumb topping</td>
<td>5</td>
</tr>
<tr>
<td>With ham</td>
<td>5</td>
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<tr>
<td>Poached eggs</td>
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<tr>
<td>With bacon</td>
<td>4</td>
</tr>
<tr>
<td>With cheese</td>
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<td>With ham</td>
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<td>With onion</td>
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**OTHER PUBLICATIONS**

Additional information helpful in preparing meals for your family is given in these publications, available from Office of Communication, U.S. Department of Agriculture, Washington, D.C. 20250. Send your request on a post card. Include ZIP Code with your return address.

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