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EC9947 An Egg a Day for Health and Cooking Magic

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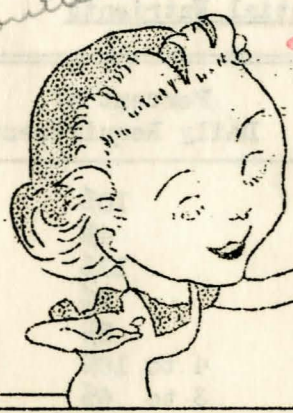
COOPERATIVE EXTENSION WORK
IN AGRICULTURE AND HOME ECONOMICS

U. of N. Agr. College & U. S. Dept. of Agr. Cooperating
W. H. Brokaw, Director, Lincoln

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AN

Egg A DAY-
FOR HEALTH
AND COOKING MAGIC

EAT EGGS BECAUSE

"An egg is an egg," said the sexton, but he took the goose egg. So runs an old proverb. The insinuation, of course, is that the man was greedy. But if his greed had been psychoanalyzed, it might have been found to have its origin in a definite need. Maybe the poor old gentleman was undernourished and really required the additional food the larger egg would give him. Or perhaps he knew that an egg added to a diet already adequate improves physical well-being. At any rate he was canny enough to have a thorough appreciation of the value of the egg--an appreciation that not all people have.

We are accustomed today to buying many of our foods in neat, attractive packages—from the brightly colored cardboard and metal containers to the very neat and quality revealing cellophane bags. The egg is a natural package of perishable food. The package or container for the egg meat is made up of:

- The shell, the most obvious mineral part
- The cuticle, or "bloom" which is the thin layer of keratin which lies on the surface of the shell
- The shell lining membrane which lies just under the shell and adheres closely to it
- The membrane which holds the egg meat, called "egg pod"

The egg meat consists of:

- White, a thick and a thin layer
- Yolk, which is contained in a yolk sac

Eggs belong in a class of foods known as protective foods. What is meant by protective foods? Why are eggs, dairy products, fruits and vegetables considered protective foods rather than sugar, lard, or high patent flour? The answer is simple.

During the past 20 years great progress has been made in nutrition research, especially regarding the importance of proteins, minerals and vitamins. We know that the highly refined foods such as sugar and white flour have lost a large part of their vitamin and mineral content during the process of manufacture. A look inside the shell of an egg will tell why eggs are classified as a protective food. A single egg supplies from 3% to 16% of all except one of eleven essential nutrients that are likely to be deficient in the average person's diet.

The one exception is vitamin C which is readily supplied by tomatoes and citrus fruits.

*Amount ONE EGG Furnishes in Daily Adult Requirements of Essential Nutrients

Nutrients	Amount furnished by ONE EGG	Percent of Daily Requirement
Protein	6.7 grams	10%
Calcium	.03 grams	4%
Iron	1.55 milligrams	13%
Phosphorus	110 milligrams	9%
Iodine	.005 milligram	5%
Vitamin A	200 to 800 International Units	4 to 16%
Vitamin B ₁	20 to 40 International Units	3 to 6%
Vitamin C	none	
Riboflavin	100 to 200 micrograms	3 to 7%
Nicotinic acid	about 760 micrograms	3 to 4%
Vitamin D	10 to 50 International Units	3 to 12%

Eggs are a protein or "body builder" food. All proteins have one quality in common: They become tough when subjected to high temperatures. Cooking at a low temperature is the secret of success of all delicious egg dishes. This is the reason for placing dishes in which baked custard type products are cooked in a pan of water, and for cooking soft custards in a double boiler.

But how many eggs should a normal person eat? An egg a day, say some authorities. An egg a day for each child and at least four a week for each adult, say others.

There are so many tempting ways to include eggs in the menu that no homemaker need limit herself to the boiled, poached, fried routine. Moreover, eggs should not be limited to breakfast for they form the basis for many ideal luncheon and dinner dishes.

Because of the protein in eggs, they serve more purposes in cooking than any other food. Egg protein makes possible the lightness of angel food, and it helps to leaven other cakes. It thickens custards and sauces, and it "stabilizes" mayonnaise dressing, that is, prevents the oil and lemon juice (or vinegar) from dividing into separate layers as French dressing does as it stands.

We also dip croquettes in egg to keep them from soaking up too much of the hot fat in frying. Sometimes we find egg whites handy to clarify coffee and soups, and we add eggs to puddings and sauces to give them a richer flavor and sometimes to give them a yellow color.

*From Poultry and Egg National Board, Chicago, Illinois.

POINTS TO REMEMBER IN EGG COOKERY

Keep eggs in cool place, preferably in refrigeration.

Wash egg when ready to use it.

To break, cut shell with sharp knife, holding egg in left hand, and giving it a firm tap with knife in right hand.

Keep eggs away from foods with strong odors, such as onions, kerosene, etc.

Remove from refrigerator in advance of cooking only the number needed, so that they may lose "refrigerator coldness."

If separate yolks and whites are needed, separate immediately on removal from refrigerator.

Egg white may be kept for a time after removing from shell if it is held in a covered container placed in refrigerator.

Yolks may be kept by covering with water to prevent drying of the surface. They too should be kept in refrigerator.

Eggs whip best at room temperature.

Avoid overbeating the white. The light fluffy foam of the egg white should hold its shape in peaks and look shiny.

Eggs two or three days old beat better than day old eggs.

Always cook eggs slowly at a moderate even temperature.

For eggs cooked in the shell, cover the eggs with boiling water and remove pan to place where water will remain hot but not boil. Four to six minutes give a soft cooked egg, and 45 to 60 minutes for a hard cooked egg.

Plunge hard cooked eggs immediately into cold water when removed from stove. This will help prevent dark ring forming next to yolk and shells can be removed more easily.

To hardcook separate yolks, drop yolks into boiling water and remove pan to place where water will remain hot but will not boil.

CONVENIENT MEASUREMENTS FOR EGGS

- 4 to 6 whole eggs measure 1 cupful
- 8 to 10 egg whites measure 1 cupful
- 14 to 16 egg yolks measure 1 cupful
- 1 egg yolk measures 1 tablespoonful
- 1 egg measures 4 tablespoonsful
- 1 egg yolk emulsifies 1 cup oil for mayonnaise
- 2 egg yolks thicken 1 cup milk for custard

MAIN DISHES

POTATO SOUP

4 large potatoes 2 egg yolks, beaten-
 2 large onions OR 1 whole egg
 3 bay leaves Salt and pepper
 1 quart milk 1 T. Butter
 Minced parsley
 Toasted bread cubes

Cook potatoes, onion and bay leaves in salted water until done. Remove bay leaves. Mash potatoes and onions. Add scalded milk, beaten eggs, seasonings and butter. Sprinkle chopped parsley on top of each serving, and float toasted bread cubes on the surface. (Serves 6)

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BAKED EGGS ON SPAGHETTI

1 cup medium white sauce
 1 1/2 cups cooked spaghetti
 6 eggs
 1/4 cup shaved or grated cheese
 1/4 cup buttered crumbs

Combine white sauce and spaghetti, and pour into buttered casserole. Break eggs on top and sprinkle with cheese and buttered crumbs. Bake in slow oven (300°F.) about 30 minutes or until eggs are cooked. (Serves 6)

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EGGS & VEGETABLE AU GRATIN

1 1/2 cups white sauce
 1/2 cup grated cheese
 6 hard cooked eggs
 2 cups cooked vegetable (asparagus, green beans, peas, or corn)
 1/4 t. celery salt
 1/2 cup buttered crumbs

Add cheese to white sauce. Sprinkle bottom of buttered baking dish with crumbs. Arrange alternate layers of vegetable and sliced eggs. Pour sauce over all. Sprinkle top lightly with crumbs and set in hot oven (400°F) until crumbs are brown and mixture is heated through. (Serves 6)

MACARONI & CHEESE (Custard Style)

1 1/4 cups scalded milk
 2/3 cups soft crumbs
 3 T. butter
 1 1/2 cups cooked macaroni
 1/2 t. chopped onion
 1 t. salt
 1/2 cup grated cheese
 2 eggs, well beaten

Pour scalded milk over crumbs and butter. Add remaining ingredients. Mix thoroughly and pour into greased casserole. Place in pan of hot water, and bake in moderate oven (350-375°F.) until set and brown, about 60 minutes. (Serves 6)

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EGGS WITH DEVILLED HAM & CREAM SAUCE

6 hard cooked eggs 2 cups med. white sauce
 1 t. salt
 3/4 t. paprika 1/4 c. buttered crumbs
 1/2 t. pepper
 1 T. onion juice

Remove yolks from whites. Mash yolks and combine with paprika, salt, pepper, and onion juice. Refill whites with mixture. Arrange in baking dish. Cover with white sauce, sprinkle with crumbs. Bake in moderate oven (350°F) till crumbs brown. (Serves 6)

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4 cups bread cubes 1 t. salt
 2 cups hot milk 1 t. pepper
 2 cups chopped peanuts
 1 egg 4 T. melted butter

Pour hot milk over bread and add peanuts. Beat egg and add salt, pepper and butter. Combine with bread. Pour into greased ring mold. Bake in moderate oven (350°F) 45 minutes. Unmold on hot platter and fill center with creamed ham and eggs.

Creamed Ham and Egg Filling

1/2 c cooked ham 3 hard cooked eggs
 1 cup medium white sauce

Combine ham, sliced eggs, and sauce.

COTTAGE CHEESE OMELET

4 eggs, separated 1 T. butter
 1/4 cup milk 1 cup cottage cheese
 1/2 t. salt 2 T. chopped pimiento
 1/8 t. pepper Parsley

Beat egg yolks until thick and light; add seasonings, milk, cottage cheese and pimiento; fold into stiffly beaten egg whites. Turn into buttered, hot 9 inch skillet or omelet pan and cook over low heat for 3 to 5 minutes, or until omelet puffs up and is browned on bottom. Place in moderate oven (350°F) for 10 to 15 minutes, or until top springs back when pressed with finger. Cut about 1 inch incisions at opposite sides and crease down through center in line with cuts; fold carefully on crease and slip onto hot platter and garnish with parsley. Serve at once. (Serves 6)

BANANA FRENCH TOAST

2 eggs 1/2 cup milk
 1/2 cup mashed banana 1/4 t. salt
 6 slices bread

Beat eggs slightly, add mashed banana, salt and milk. Dip bread into batter. Brown on both sides on a hot, lightly greased griddle. Sprinkle lightly with powdered sugar. Serve hot.

BAKED EGGS IN NESTS

3 cups mashed potatoes, well softened
 with milk
 1/2 cup finely chopped ham or bacon
 2 t. chopped parsley
 3 T. butter
 1/2 t. salt
 Pepper 6 eggs

Mix above ingredients. Arrange in a well buttered baking dish, making little nests of potatoes into which gently break an egg. Cover with buttered crumbs and bake in a moderate oven (350°F) until eggs are cooked but not hard. (Serves 6)

MEXICAN EGGS

6 hard cooked eggs, sliced
 4 T. bacon fat
 4 T. chopped onion
 4 T. chopped green pepper
 3 T. chopped celery
 1/2 t. salt
 3 T. flour
 2 cups tomatoes

Melt fat and add and brown onions, pepper and celery. Add rest of ingredients and cook slowly 5 minutes. Stir frequently. Serve plain or on toast or crackers. (Serves 6)

SALADS

EGG SALAD

6 hard cooked eggs, diced
 1 cup diced celery
 1/2 cup diced cucumbers
 3 T. chopped pickles
 3 T. chopped stuffed olives
 1 T. finely chopped onions
 1/2 t. salt
 1/4 t. paprika
 1/2 cup salad dressing

Mix ingredients. Chill and serve on lettuce leaves.

DEVILLED EGG SALAD

6 hard cooked eggs 2 T. grated cheese
 Pinch salt Pepper to taste
 1 T. cream 2 T. mayonnaise

Remove yolks from eggs and mash. Add cream, grated cheese, mayonnaise and beat all till fluffy. Fill yolk mixture back into egg whites. Sprinkle with paprika. Arrange 3 halves on bed of lettuce, endive, or watercress so that points of egg are toward center. Garnish with radish roses.

EGG & CARROT SALAD

6 hard cooked eggs (diced)
3 sweet pickles (diced)
1/2 cup cooked diced carrots
1/4 cup salad dressing

Season with salt and celery seed.
Serve on lettuce leaf.

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MODIFIED MAYONNAISE

2 egg yolks OR 1 whole egg
2 T. each vinegar and lemon juice
1 cup salad oil
1 1/4 t. salt
1 t. sugar
1/2 t. mustard

Put eggs and vinegar and lemon juice into mixing bowl and mix well. Add the other ingredients. It is not necessary to stir them. Prepare a paste as follows:

1/3 cup flour 1 T. butter
1 cup cold water

Mix thoroly. Put over fire and cook until raw taste of starch disappears. At once (while it is hot) turn this paste into the egg and oil mixture. Beat all ingredients with a Dover beater until a thick, uniform dressing results.
(Yields 1 pint)

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EGG & SALMON SALAD

3 hard cooked eggs
1 tall can salmon
1/2 cup salad dressing

Remove skin and bones from salmon and break into pieces. Add eggs cut into pieces. Add salad dressing. Serve on lettuce or shredded cabbage.

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BOILED SALAD DRESSING

4 T. flour	1/2 cup butter
2 T. mustard	2 cups milk
1 T. salt	4 eggs OR 8 yolks
2 T. sugar	1 cup vinegar

Melt butter in double boiler. Add flour, mustard, sugar and salt and cook till smooth. Add milk and cook until the consistency of soft custard. Beat together eggs and vinegar, and add custard mixture to them. Return to double boiler and cook until creamy. (Yields 1 quart)

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SALAD DRESSING VARIATIONS:

Add enough tomato catsup or chili sauce to give pink color. Add chopped cucumber pickle, chopped olives and bits of pimienta, finely chopped hard cooked egg, and a few drops of onion juice.

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DESSERTS

SPONGE CAKE CUSTARD PUDDING

2 T butter)	
1 cup sugar)	Combine and beat
4 T. flour)	
3 beaten egg yolks)	very smooth
1/8 t. salt)	

Add:

3 T. lemon juice
1 t. grated lemon rind
1 1/2 cups milk

Fold in stiffly beaten egg whites. Place in custard cups and set in pan of hot water. Bake in moderate oven (350°F) about 40 minutes. Serve warm or cold
(Serves 6)

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BUTTERSCOTCH PUDDING

2 cups brown sugar
1 1/2 cups boiling water
1/3 cup cornstarch dissolved in
1/3 cup cold water

Combine ingredients and cook till mixture jellies. Remove from fire and cool. Add beaten white of two eggs. Serve cold with cream. Nuts or fruit may be added. (Serves 6)

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FRUIT WHIPS

1 egg white 1/3 t. lemon juice
1/3 cup fruit pulp Few grains salt

Fruit whips can be made of any fruit pulp of pronounced flavor and color. Dried apricots and prunes are excellent.

Wash dried fruit thoroughly. Soak overnight in cold water. Cook fruit till soft in water in which soaked and press through sieve.

Measure pulp, add sugar and cook till consistency of marmalade. Add salt and lemon juice. Cut and fold in stiffly beaten egg white and bake in buttered dish surrounded by hot water in a very slow oven (250°F) about 1 hour; OR pile lightly in glasses and serve cold with a soft custard or whipped cream.

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BAKED CUSTARD WITH VARIATIONS

3 cups scalded milk
3 eggs slightly beaten
1/3 cup sugar
1/4 t. salt
1/8 t. nutmeg

Combine ingredients and strain mixture. Pour in custard cups and set in pan of hot water. Bake in moderate oven (325°F) 50 minutes.

Variations: Place a tablespoon of caramelized sugar in bottom of each cup. Fill with custard mixture.

Roll pear halves in dry cake crumbs. Place in baking dish and cover with custard mixture.

Place a few cinnamon candies, nuts, or cocoanut, or chip chocolate in cups. Fill with custard mixture.

To strained custard add 1 cup cottage cheese, 1 t. cinnamon, 1/2 t. ground cloves, 1/2 t. ginger, 1/2 cup seedless raisins or currants.

To strained custard add pumpkin, cinnamon, cloves, and ginger in proportions given above.

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SWEDISH COOKIES

7 egg yolks, hard cooked
1 cup fat (half butter)
3/4 cup sugar
1/2 t. salt
2 cups sifted all purpose flour

Rub yolks through sieve. Cream fat, add sugar, egg yolks, salt, and flour to make stiff dough.

Shape in rolls and chill thoroughly. Slice 1/8 inch thick. Brush each with uncooked egg yolk mixed with 1 teaspoon water. Sprinkle with sugar or finely chopped nuts. Bake 10 to 12 minutes at 425°F. (Yield 100 cookies 1" x 1")

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WHOLE WHEAT FLAKE MACAROONS

2 egg whites 2 cups wholewheat flakes
1/8 t. salt 1 t. vanilla
1 cup sugar 1/2 cup nuts
1 cup cocoanut

Beat egg whites with salt until stiff. Add sugar gradually and beat thoroughly. Fold in flakes. Add cocoanut, flavoring and nuts. Drop on slightly oiled sheet. Bake 20 minutes at 325°F. (Yields 6 dozen small macaroons.)

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QUEEN OF PUDDINGS

2 cups soft bread crumbs or cubes
1 quart milk, scalded
2 eggs
2 egg yolks
9 T. sugar 1/2 t. salt
1 t. vanilla extract
1/4 cup melted butter
Strawberry jam
2 egg whites

Add crumbs or cubes to scalded milk. Beat 2 eggs and 2 egg yolks slightly; add 5 T. sugar and the salt. Mix thoroughly. Add milk and crumb mixture, vanilla and melted butter, and mix well. Pour into 8 greased individual custard cups; set in pan of warm water and bake in moderate oven (350°F) for 45 minutes. Remove, spread with strawberry jam, and top with a meringue made by beating the 2 egg whites and 4 T. sugar. Place in slow oven and bake until meringue is delicately brown.

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PRODUCING & MARKETING QUALITY EGGS

Clean eggs are attractive and readily saleable. And egg quality is so definitely influenced by production management that no amount of care after the eggs are laid will erase the damage of careless production.

Eggs are perishable and need careful handling to preserve original quality. Observance of a few rules will help the producer to receive a maximum portion of the consumer's dollar.

EGG PRODUCTION

1. Clean houses and clean nests help insure clean eggs of pleasing flavor.
2. When eggs are broken in the nest, the whole nest should be thoroughly cleaned and new nest material added.
3. Watch layers carefully and see that good appetites and good body weight are maintained.
4. Keep visitors, dogs, cats, and any other disturbances out of the poultry house.
5. Remove sickly or diseased hens promptly.
6. Supply feeds which will maintain health, growth, and production and at the same time be available at prices justifying their use.
7. Pullets that do not come into production before December 1 are of doubtful value as layers.

GATHERING AND HOLDING EGGS

1. Gather eggs several times daily.
2. Cool eggs quickly. "Only a cool egg stays fresh."
3. Hold in cool, relatively humid place.
4. Place eggs on end, small end down.
5. Keep eggs away from strong odors to avoid undesirable flavors.
6. Avoid rough handling to avoid breaking down egg structure.
7. Wash soiled eggs promptly in weak solution of lye water.

HOME GRADING AND SORTING

1. Pack in clean, ventilated containers--use new cases and fillers.
2. Grade and pack according to size.
3. Grade and pack according to color - brown and white.
4. Pack dirty, oversize, and weak shelled eggs separately.
5. Market two and three times each week.

For more complete information on production and marketing of eggs, see Extension Circular 1400, NEBRASKA POULTRY MANUAL, by J. R. Redditt, Extension Poultryman.