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EC59-922 Eggs in your Meals

Ethel Diedrichsen

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EGGS

**in your
meals**

**EXTENSION SERVICE
UNIVERSITY OF NEBRASKA
COLLEGE OF AGRICULTURE
AND U. S. DEPARTMENT OF AGRICULTURE
COOPERATING**

**W. V. LAMBERT, DIRECTOR
E. W. JANIKE, ASSOC. DIRECTOR**

eggs in your meals...

By Ethel Diedrichsen
Extension Specialist in
Food and Nutrition

Eggs are a versatile food. You can prepare them for table use in dozens of ways. As a main course, they add color and interest to a meal. As an ingredient in quick breads and cakes, they improve texture, color and flavor. The egg acts as a leavening agent in sponge cakes and meringues. It is used to thicken custards, sauces and puddings. It binds together the ingredients in meat loaf and croquettes and helps to hold flour or crumbs in the coating of meat or fritters. Egg is the emulsifying agent in mayonnaise and makes an attractive garnish for salads or vegetables.

FOOD VALUE

An egg is an inexpensive source of high quality protein. It is relatively low in calories but ranks next to milk in the number of essential food nutrients it contains. Eggs are rich in vitamin A, thiamine (B₁), riboflavin (B₂), niacin and vitamin D. They also contain iron, phosphorus and other minerals needed by the body.

STORAGE

Eggs should be kept cool, clean and covered. Store them in a covered container in the refrigerator or other cool place. Without a cover, eggs lose moisture quickly and are likely to absorb odors.

To keep leftover egg yolks until they can be used, place them in a dish or cup and add just enough cold water to cover. To hard-cook leftover yolks, place yolks in a strainer and lower into simmering water about 10 minutes; cool and chop. Use in salad, sandwiches, scalloped dishes and as a garnish. Put leftover egg whites in a jar or dish and cover tightly. They may be stored in the refrigerator for a week or 10 days.

Four to six whole eggs, 8 to 10 egg whites or 12 to 14 egg yolks are the equivalent of one standard measuring cup. Two egg yolks may be substituted for each egg in recipes for quick bread, puddings, cookies or salad dressing.

COOKING

Allow 1 to 2 eggs for each serving. Use even, low heat for cooking, and cook until just done. Eggs cooked in this way are tender. High temperatures and long cooking tend to toughen them. In combining hot mixtures and eggs as in custards or cream fillings, pour the hot mixture slowly into the beaten egg, stirring constantly.

Egg whites will whip up better if you let them stand for a while at room temperature. To combine beaten egg whites with other mixtures use a light under-and-over motion. Do not overmix or you will lose some of the air you have beaten into the egg whites.

Eggs in the shell

Cover eggs completely with cold water and bring gradually to simmering. Do not let the water boil.

For soft-cooked eggs: Simmer 3 to 5 minutes. Break hot into cup for serving. Another way to soft-cook eggs is to bring water to boiling, put the eggs in carefully and take the pan off the stove at once. Cover pan to hold steam, and let the eggs cook in the hot water 5 to 8 minutes.

For hard-cooked eggs: Simmer 15 to 20 minutes. Serve hot in the shell or cool promptly in cold water and remove the shells. Quick cooling helps to prevent the formation of green color around the yolk.

Fried Eggs

Heat 1 to 2 tablespoons fat in a skillet just hot enough to sizzle a drop of water. Break eggs into a

saucer and slip into skillet. Cook over low heat until the whites are firm. Baste the top with hot fat, or cover tightly with a lid or turn the eggs over after they have begun to "set." Sprinkle with salt and pepper and serve at once.

Poached Eggs

Break eggs into a saucer and slip into enough gently boiling, salted water to cover. Bring to simmering and cook 3 to 5 minutes or until eggs are as firm as you want them. Remove eggs carefully and serve on toast. Add salt and pepper to taste.

Baked Eggs

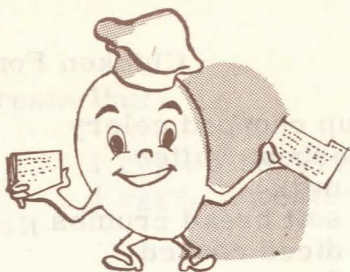
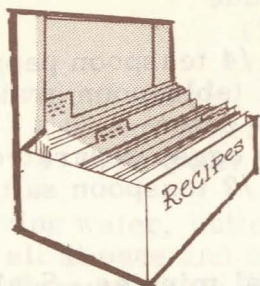
Break the eggs into greased individual baking dishes. Add 1 tablespoon of milk for each egg, dot with butter and season with salt and pepper. Bake at 325° for 12 to 18 minutes, or until as firm as desired. For variety omit the milk and sprinkle the eggs with fine, dry bread crumbs. Bake until eggs are set and crumbs are lightly browned. If desired, mix grated cheese with the crumbs.

Scrambled Eggs

For each egg, use 1 tablespoon of milk and beat together slightly. Season with salt and pepper. Pour the mixture into a skillet containing melted fat and stir constantly over low heat until it thickens. Serve at once.

Fluffy Omelet

Separate the eggs and beat the yolks until thick and lemon-colored. Stir in 1 tablespoon milk for each egg yolk used. Beat the egg whites with a little salt until stiff but not dry. Gradually fold in the egg-yolk mixture. Pour into a skillet containing melted fat. Cook over low heat until the omelet is lightly browned on the bottom. Then bake at 325° for 10 to 15 minutes, or until browned on top. When the omelet is done, its surface is dry and a knife inserted in it comes out clean. Crease through the center, fold over and serve the omelet on a hot platter.



RECIPES

Egg and Tuna Scallop

2 tablespoons butter	1/4 teaspoon onion salt
2 tablespoons flour	1 teaspoon Worcestershire
1 cup milk	sauce
1/4 teaspoon salt	2 cups crushed potato chips
1/8 teaspoon pepper	4 hard-cooked eggs, sliced
1/8 teaspoon paprika	1 can tuna

Melt butter and blend in flour. Add milk all at once and cook until mixture is thickened. Stir in seasonings. Line a 1-quart casserole with half the potato chips. Arrange eggs, tuna and white sauce in layers and top with remaining chips. Bake at 375° until sauce is bubbly and the top is nicely browned, about 30 minutes. Makes 4 servings.

Cheese Souffle

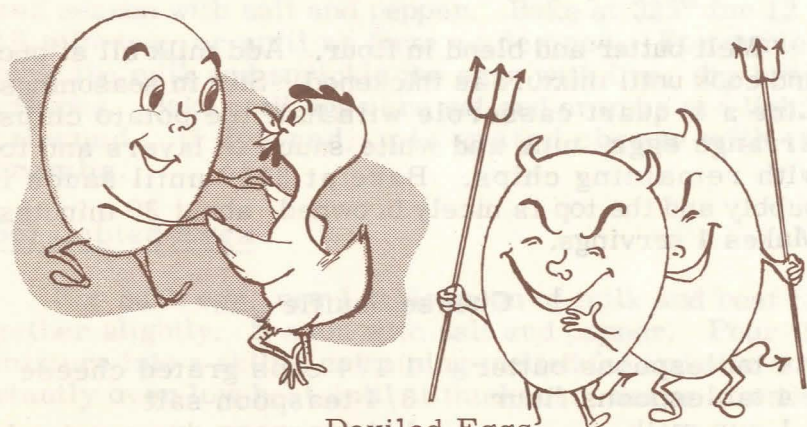
4 tablespoons butter	1 1/4 cups grated cheese
4 tablespoons flour	3/4 teaspoon salt
1 cup milk	1/4 teaspoon dry mustard
4 eggs, separated	1/8 teaspoon pepper

Melt the butter. Blend in flour and add milk. Cook over low heat, stirring constantly, until thickened. Beat egg yolks, add the white sauce, then the grated cheese, salt, mustard and pepper. Beat egg whites until stiff but not dry; fold in the cheese mixture. Pour into a greased baking dish. For an attractive top, mark a circle in the mixture with a spoon about 1 inch from the side and 1 inch deep. Set in a pan of hot water and bake at 325° for 50 to 60 minutes or until a knife inserted in center comes out clean. Serve with tomato sauce if desired. Makes 4 servings.

Chicken Fondue

1/2 cup chopped celery	1/4 teaspoon pepper
1 tablespoon butter	1 tablespoon grated onion
1 cup milk	3 eggs, separated
1 cup soft bread crumbs	1/2 teaspoon salt
1 cup diced cooked chicken	

Cook celery in butter several minutes. Scald the milk and combine with celery, bread crumbs, chicken, pepper and onion. Beat yolks and stir in milk mixture. Add salt to egg whites and beat until they form soft peaks. Fold yolk mixture into beaten egg whites. Pour into ungreased 1 1/2-quart casserole. Set in a pan of hot water and bake at 375° until a knife inserted in center comes out clean, about 1 hour. Serve promptly. Makes 4 servings.



Deviled Eggs

6 hard-cooked eggs	3/4 teaspoon prepared mustard
1 tablespoon butter	1/2 teaspoon salt
2 teaspoons lemon juice or vinegar	1/8 teaspoon pepper
1 teaspoon Worcestershire sauce	1 tablespoon salad dressing

Cut eggs in half lengthwise and remove yolks. Press yolks through sieve and combine with remaining ingredients. If desired, add more seasoning and salad dressing. Refill whites and chill before serving.

Cream Puffs

1 cup water	1 cup sifted flour
1/2 cup butter	4 eggs, unbeaten
1/4 teaspoon salt	

Bring water, butter and salt to boiling point. Add flour all at once and stir until mixture leaves sides of pan. Remove from heat and stir until smooth. Cool slightly. Add eggs, one at a time, beating thoroughly after each addition. Drop mounds of batter 2 inches apart on an ungreased baking sheet swirling the top. Bake in a hot oven (425°) until well browned and puffed, about 30 minutes. Fill just before serving. Makes 10 to 12 puffs.

Chocolate Cream Roll

3/4 cup sifted cake flour	1/4 teaspoon salt
1/4 cup cocoa	4 eggs separated
1/2 cup sugar	1/2 cup sugar
1 teaspoon baking powder	1/4 cup water
	1 teaspoon vanilla

Sift flour with the cocoa, 1/2 cup sugar and baking powder three times. Add salt to egg whites and beat until foamy. Add remaining 1/2 cup sugar, 2 tablespoons at a time and continue beating until mixture is shiny and forms soft peaks. Beat yolks until light and lemon-colored, gradually adding water and vanilla. Fold dry ingredients into yolks, then fold yolk mixture into whites. Pour into jelly roll pan about 15 x 10 x 1-inch that has been greased on the bottom, lined with waxed paper and greased again. Bake at 375° for 12 to 15 minutes or until cake springs back when pressed gently with finger. Invert over towel dusted with powdered sugar. Remove paper from cake and cut off crisp edges. Roll cake and towel together and cool. When ready to serve, unroll and spread with cream filling, whipped cream or ice cream and reroll. Makes 12 servings.

Sponge Cake

Grated rind of 1 lemon	6 eggs, separated
1 tablespoon lemon juice	1 cup sifted cake flour
2 tablespoons water	1/2 teaspoon salt
1 cup sugar	

Mix lemon rind, lemon juice and water with the sugar. Add unbeaten egg yolks and beat until very light and fluffy. Fold flour into yolk and sugar mixture. Add salt to egg whites and beat until stiff but not dry. Fold in the egg yolk mixture and pour batter into an ungreased tube pan. Bake about 45 minutes at 350° or until cake springs back when lightly touched with finger. Remove from oven and invert pan on cake rack. Allow cake to cool entirely before removing from pan.

Lemon Sponge Pudding

3/4 cup sugar	1/4 cup lemon juice
1/4 cup flour	1/2 teaspoon grated lemon rind
1/8 teaspoon salt	
1 tablespoon butter, softened	3 eggs, separated
	1 1/2 cups milk

Mix sugar and flour; add salt, butter, lemon juice and rind. Beat egg yolks well, stir in milk and combine with sugar mixture. Beat egg whites until stiff but not dry. Fold in the milk mixture and pour into greased custard cups or a baking dish. Set in a pan of hot water and bake at 350° for 1 hour. Makes 6 servings.

Schaum Torte

4 egg whites	1 cup sugar
1/2 teaspoon cream of tartar	

Beat egg whites until frothy. Add cream of tartar and continue beating until the whites are stiff enough to hold a peak. Add sugar gradually, beating well after

each addition. Mixture should be stiff and glossy. Spread in a well greased 9-inch pie plate and bake in a very slow oven (275°) for one hour. Turn off heat and leave meringue in oven until cool. Spread with lemon filling.

Lemon Filling

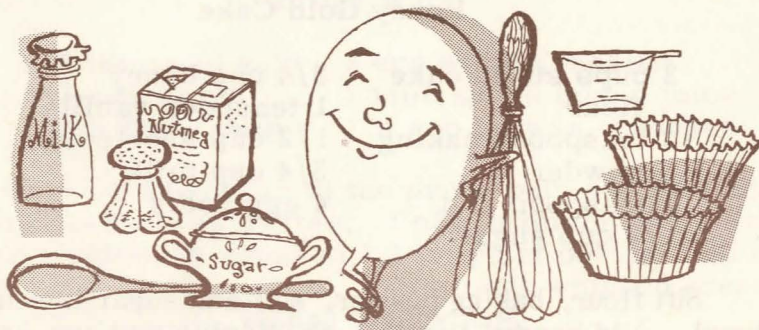
4 egg yolks	2 teaspoons grated
1/2 cup sugar	lemon rind
3 tablespoons lemon juice	1 cup heavy cream, whipped

Beat egg yolks until thick and lemon-colored. Beat in sugar gradually. Mix in lemon juice and rind. Cook over hot water 5 to 8 minutes, stirring constantly until thick. Cool, spread over baked meringue and top with whipped cream. Chill for 12 hours before serving.

Baked Custard

3 cups milk	4 eggs, beaten lightly
1/4 teaspoon salt	1 teaspoon vanilla
1/3 cup sugar	Nutmeg

Scald the milk. Mix salt and sugar with beaten eggs. Gradually add the milk to the egg mixture. Stir in vanilla, strain and pour into custard cups. Sprinkle top lightly with nutmeg. Place custard cups in a pan of hot water and bake at 350° for 45 minutes or until a knife inserted in center comes out clean. Serve warm or chilled. Makes 6 servings.



Bread Pudding

3 cups milk	1/3 cup sugar
2 cups bread cubes	1/4 teaspoon salt
1 tablespoon butter	3 eggs, beaten lightly

Scald the milk. Add bread cubes and butter. Add sugar and salt to beaten eggs, then combine with milk. Pour into a greased baking dish, set in a pan of hot water and bake at 350° until firm, about 1 hour. One-half cup raisins may be added if desired. Makes 6 servings.

For Rice Pudding: Substitute 1 1/2 cups cooked rice for the bread cubes and increase the sugar to 1/2 cup.

Soft Custard

2 cups milk	2 eggs, beaten lightly
1/4 cup sugar	1/2 teaspoon vanilla
1/8 teaspoon salt	Cinnamon or Nutmeg

Heat the milk over boiling water. Add sugar and salt to beaten eggs. Gradually add milk to the egg mixture and strain. Cook over hot, not boiling water, and stir constantly until the mixture coats a metal spoon. Remove from the hot water at once. Cool, add vanilla and sprinkle a little cinnamon or nutmeg on each serving. A soft custard makes a nice sauce for fruit, flavored gelatin, cake or pudding.

Honey Gold Cake

2 cups sifted cake flour	3/4 cup honey
3 teaspoons baking powder	1 teaspoon vanilla
1 teaspoon salt	1/2 cup shortening
1/3 cup sugar	3/4 cup milk
	4 egg yolks

Sift flour, baking powder, salt and sugar into mixing bowl. Add honey, vanilla, shortening and one-half the

milk. Stir lightly, then beat for two minutes at low speed on the mixer or 200 strokes by hand. Add egg yolks and remaining milk and beat two minutes more. Pour into two 8-inch greased layer cake pans. Bake at 350° about 30 minutes. Frost when cool.

Strawberry Bavarian Pie

1 eight-inch baked pie shell	1/2 teaspoon salt
1 teaspoon unflavored gelatin	3 egg yolks, beaten
2 tablespoons cold water	2 tablespoons butter
2 cups milk	1 teaspoon vanilla
1/2 cup sugar	1 box frozen sliced strawberries
1/4 cup flour	1/4 cup sugar
	4 teaspoons corn- starch

Soften gelatin in cold water. Scald milk. Mix 1/2 cup sugar, flour, and salt; then slowly add milk. Return to heat and stir until mixture thickens. Combine with egg yolks and cook about 5 minutes. Remove from heat and stir in butter and gelatin. Cool, add vanilla and pour into pie shell. Refrigerate.

Glaze on top: Thaw strawberries and drain the juice. In saucepan, mix 1/4 cup sugar with cornstarch and stir in the juice. Cook, stirring occasionally, until clear and thickened. Cool. Stir in berries. When the pie is set, spread glaze over the top.

Prune Whip

1/8 teaspoon salt	3 egg whites, beaten
1/3 cup sugar	1 tablespoon lemon juice
1 cup prune pulp	1/4 cup pecans, chopped

Add salt and sugar to the prune pulp and fold into stiffly beaten egg whites. Fold in lemon juice and pecans. Bake in greased 1 1/2-quart baking dish at 350° for 30 to 35 minutes. Serve with whipped cream or a soft custard. Makes 6 servings.

Coconut Angel Pudding

3 tablespoons corn- starch	3 ounces coconut
1 cup milk	1/2 teaspoon vanilla
6 tablespoons sugar	1/2 teaspoon cream of tartar
1/4 teaspoon salt	6 egg whites

Dissolve the cornstarch in 2 tablespoons of milk. Scald the remainder of the milk. Add cornstarch mixture, stirring constantly and cook for 5 minutes. Stir in sugar, salt, coconut and vanilla. Add cream of tartar to the egg whites and beat until stiff but not dry. Fold in the coconut mixture and pour into pan which has been rinsed with cold water. Set in a pan of hot water and bake at 325° for 30 to 35 minutes. Cool, cut in squares and serve with custard sauce or fruit. Makes 8 servings.

Lime Sherbet

2/3 cup sugar	1/8 teaspoon salt
1 1/2 cups water	4 drops green coloring
1 teaspoon gelatin	Juice of 5 fresh limes
1 tablespoon cold water	2 egg whites

Combine sugar and water and bring to a boil. Add the gelatin softened in cold water and stir until it is dissolved. Chill. Add salt, coloring and lime juice and pour into refrigerator tray. When half frozen, fold into stiffly beaten egg whites. Pack in tray and freeze until mushy. Stir thoroughly, then return to refrigerator to complete the freezing. Makes 6 servings.

