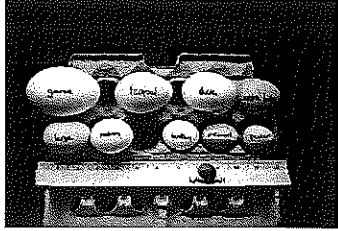


Egg Variation



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Egg Conversion

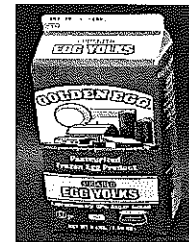
- FOR CONVERSION PURPOSES A LARGE EGG CONTAINS
 - 1 OUNCE WHITE
 - .67 OUNCE OF YOLK

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Egg Dilemma

- THE EGG MAN DID NOT COME TODAY!
- YOU NEED TO MAKE CAKES FOR A LARGE PARTY. THE FORMULA CALLS FOR 12# OF WHOLE EGGS YOU HAVE NO WHOLE EGGS BUT YOU HAVE

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Egg Dilemma

- USE THE RATIOS DEVELOPED FROM THE FOLLOWING:
 - 1 OUNCE WHITE
 - .67 OUNCE OF YOLK
- $1/1.67 = \% \text{ WHITE}$
- $.67/1.67 = \% \text{ YOLK}$
- EGG THEREFORE IS 60% WHITE AND 40% YOLK

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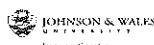
Solution

- $12\# \times .6 = 7\# \text{ 3oz. WHITES}$
- $12\# \times .4 = 4\# \text{ 13oz. YOLKS}$
- YOU CAN NOW CREATE EGGS

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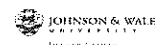
Forms of Purchased Eggs

- Fresh or Shelled Eggs
 - Composition – 1 part yolk, 2 parts white
 - Categorized by grade (quality) and size
 - Grades of eggs accepted by the USDA: A, AA, B (Candling is the primary method for measuring the quality of eggs)
 - 6 USDA size classifications: Jumbo, Extra Large, Large, Medium, Small, Pee wee
 - Always assume a formula is based on large eggs



Forms of Purchased Eggs

- 1. Liquid Eggs
 - Recently broken eggs, strained and sold in bulk (these are the eggs which break in the separation process)
- 2. Pasteurized Yolks
 - Fresh yolks, broken, strained and pasteurized
- 3. Dried Eggs
 - Refers to eggs from which most of the moisture has been removed.
 - Mostly used for prepared cake mixes
 - Dried whites are often sold as meringue powder to be used as a stabilizer or binding agent



Forms of Purchased Eggs

- 4. Frozen Eggs
 - 1. Whole Eggs – Broken, strained, pasteurized, placed in containers, and quick frozen
 - 2. Sugared egg yolks – Pasteurized, 10% sugar added to:
 - Prevent "gelling" during the freezing process
 - Aid in maintaining freshness after the yolks have been thawed
 - 3. Egg whites – Pasteurized, with a whipping agent added
 - Contains approx. 11% solids. Solids settle when thawed, always stir before scaling



Questions Always Asked about Eggs

How do you get brown eggs?

The color difference is due to the specific breed of hen, according to the Egg Nutrition Center. Hens with white feathers and white earlobes will lay white eggs, whereas hens with red feathers and matching-colored earlobes give us brown eggs



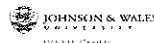
Questions Always Asked about Eggs

What about Blood in Eggs? Are they bad for you?

- **Blood Spots**
 - Also called meat spots. Occasionally found on an egg yolk. They are caused by the rupture of a blood vessel on the yolk surface during formation of the egg or by a similar accident in the wall of the oviduct. Less than 1% of all eggs produced have blood spots.
 - Mass candling methods reveal most eggs with blood spots and those eggs are removed but, even with electronic spotting, it is impossible to catch all of them. As an egg ages, the yolk takes up water from the albumen to dilute the blood spot so, in actuality,

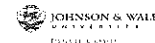
A blood spot indicates that the egg is fresh.

Both chemically and nutritionally, these eggs are fit to eat. The spot can be removed with the tip of a knife, if you wish - American Egg Board



Egg Coagulation Temperatures

- Whole Eggs, Beaten
 - 140 F – 160 F (60 C – 70 C)
- White
 - 140 F – 149 F (60 C – 65 C)
- Yolk
 - 150 F – 160 F (65 C- 70 C)
- Custard (Whole Eggs Plus Milk or Cream)
 - 175 F – 185 F (79 C – 85 C)



What do the Pleats on a Chef Hat Symbolize?



In the 16th century, the 100 pleats on a chef's hat symbolized the multiple different ways a chef knew how to cook an egg. For every pleat on the chef's hat, was a different method on how they have successfully learned to cook an egg.



Frying Eggs



- Heat a sauté pan over moderate heat, or heat a griddle to 325 F (165 C). Add a small amount of fat
- When the fat is hot, carefully slip the eggs from a cup into the pan.
- Reduce the heat. Cook the eggs for about 3 minutes on the first side.
- Flip the eggs over gently, and cook an additional minute or two until the whites are set.
- The yolk should be warm but still liquid when cut open

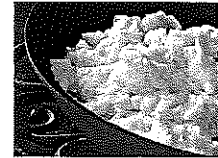


American Omelette

- Break the eggs into a bowl, and whisk them until blended.
- Heat a sauté pan over moderate heat, and add a small amount of fat. When the fat is hot, pour the beaten eggs into the sauté pan.
- When the eggs begin to set, lift the edges with a spatula to allow the uncooked portion to run underneath the cooked portion.
- While the eggs are still soft, add the filling and then fold the omelette. Cook the omelette until lightly firm.
- Slide the omelette out of the pan and onto a plate



Scrambled Eggs



- Usually made with whole eggs, scrambled until eggs are fluffy and moist. Add a small amount of milk or cream to scrambled eggs to make them puff while enriching them for flavor.

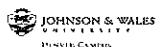


Soufflés

- A typical savory soufflé consists of three elements
 - Base, usually a heavy blend béchamel sauce
 - Flavor ingredient, such as cheese, vegetables, meat or seafood
 - Beaten egg whites

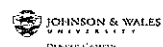


While not difficult to make, soufflés collapse quickly after being removed from the oven.



Quiche

- An open tart filled with a baked egg custard to which other fillings have been added. Filling may contain one or more types of cheese, complemented with meat, seafood or vegetable. Use wither puff pastry or pie dough to create the shell for the quiche.



Simmering Eggs in the Shell

- Soft medium and hard cooked eggs are cooked in the shell of hot water. Soft and medium cooked eggs are usually served in egg cups in the shell, often accompanied with toast points. Hard cooked eggs may be shelled and eaten out of hand or used as a garnish or as the basis of other dishes.



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Soft Cooked Eggs

- Cooked long enough for the egg to coagulate but still have a tender white and runny yellow yolk.
- Fill a sauce pan with enough water to cover the eggs. Bring to a simmer.
- Gently lower the eggs into the simmering water.
- Simmer the uncovered eggs for 3 minutes.
- Use a slotted spoon or spider to lift each egg from the water
- Drain the eggs and serve immediately



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Medium Cooked Eggs

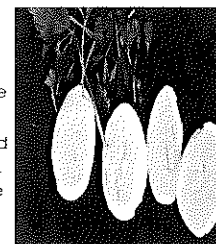
- Tender coagulated white and a partially set yolk but still semiliquid in the center.
- To prepare, follow the same methods as Soft Cooked Eggs but allowing to simmer the eggs for 4 - 6 minutes instead of 3 minutes



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Hard Boiled Eggs

- Firm but not rubbery whites and fully cooked yolks that are free from discoloration or unpleasant odor.
- To prepare, place eggs in cold water, bring to a boil and lower the heat and simmer for 10 - 12 minutes. Place in a ice bath at the end to stop the cooking process. Peel the shell when cool enough to handle and use immediately or covered in a refrigerator for up to 1 week.



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Baked (Shirred) Eggs

- Baked in individual ramekins or casserole dishes. To prepare:
- Coat ramekin or casserole dish with butter
- Line if desired with a flavoring ingredient
- Crack one or more eggs into the cup avoiding the yolk breaking
- Sprinkle with salt and pepper
- Place in a bain marie (water bath) and bake at 350 F (175 C) for 10 - 15 minutes or until egg is fully set



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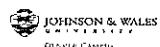
Egg Substitutes

- For those with restricted diets, using egg substitute can replace recipes calling for whole eggs such as scrambled eggs or omelets.



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Questions?



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