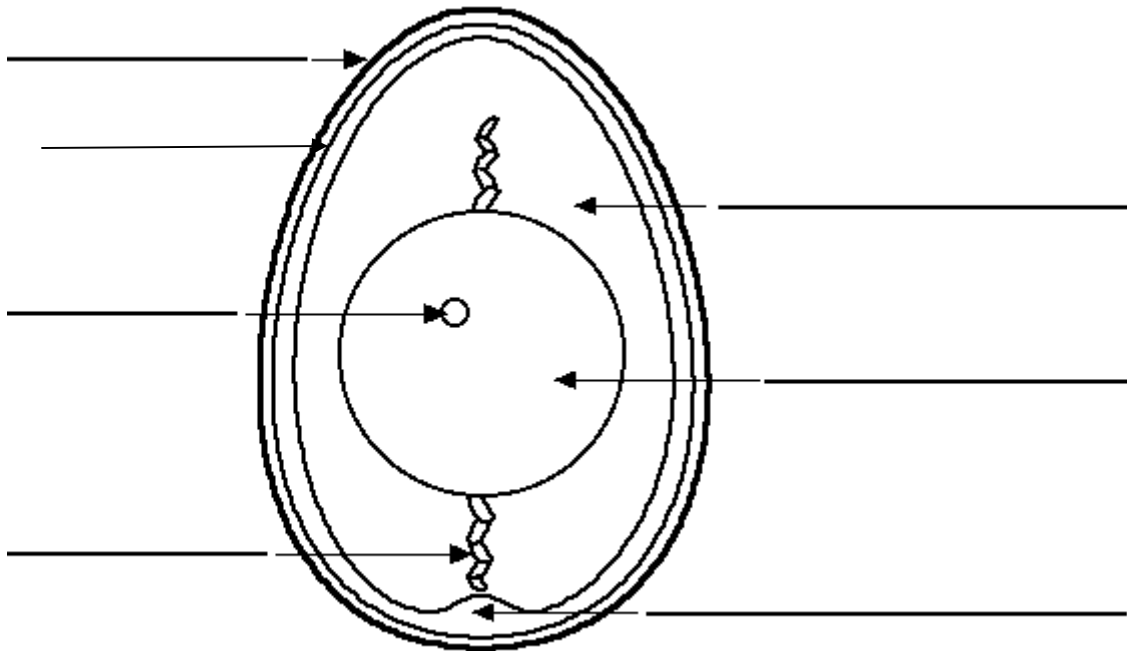


Eggs

I. Parts of an Egg

- A. The _____ is the _____ part of the egg.
- B. The _____ is the _____ part of the egg.
- C. The _____ on the outside of the egg that helps seal the shell and protects the egg from outside bacteria is called the _____.
- D. The _____ which holds the _____ near the center of the egg is called the _____.
- E. There is a _____ on the yolk known as the _____ spot which would develop into a _____ egg.
- F. The _____ appears at the large end of the egg and _____ in size as the egg _____.

Diagram of an Egg



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II. Size and Grade of Eggs

- a. _____ makes it possible to judge the _____ of the _____, the _____ of the _____ and the _____ of the _____.
- A. The freshest eggs are _____, followed by _____.
- B. Eggs are classified by _____. The largest is _____. In decreasing size, the remaining classes are, _____.
- C. The egg carton has a lot of information for the consumer. The carton tells the following things about the eggs: _____.

III. Functions of Eggs

- A. One of the most important functions of eggs is to _____ whether used _____
- B. The _____ in eggs is used as a _____ since egg protein _____ when _____. Eggs are used to thicken _____
- C. Because the _____ when heated, eggs also function to _____ together in _____, and hold _____ together on _____ foods.
- D. Eggs can also be used as _____ because the _____ can be beaten to hold large amounts of _____
- E. Egg _____ act as an _____ in foods such as _____

IV. Nutritional Contribution of Eggs

- A. The _____ is a rich source of nutrients; it contains more _____ than the _____ and also some fat.
- B. Eggs contain _____ and can be used as a _____.
- C. The only _____ in egg _____; while the _____ contains _____. The sun changes some of the skin oils into _____, so it is sometimes called the _____.
- D. _____ are the _____ found in eggs.
- E. _____ is part of the _____ in red blood cells.
- F. _____ carries _____ to the body cells and _____ away. A lack of red blood cells can cause _____
- G. Egg _____ are different from _____ because they are lower in _____

V. Storing Eggs

- A. Since eggs are _____, take them home right away after shopping and store them immediately.
- B. Don't _____ eggs before storing them. _____ eggs at home removes the _____ that prevents _____ from getting inside the shell.
- C. Refrigerate eggs in the _____ rather than the _____ in the _____. Each time you open the door, the _____ drops, so eggs stored in the door loose _____ quickly. In addition since eggshells are _____, they pick up _____ from other foods if stored uncovered.
- D. Raw eggs stay _____ in the refrigerator for up to _____, depending on _____ when purchased and the _____ temperature.

- E. Refrigerate leftover _____ immediately and use them within _____. Use _____ eggs in the shell within a _____.
- F. You can refrigerate leftover _____ (covered with water) for _____ and _____ for _____ in a tightly covered container. For longer storage, _____ them.
- G. To freeze _____, place each _____ in a separate compartment of an _____. After _____, put the _____ in a tightly sealed freezer container and store in the freezer. Use _____ thawed egg _____ to equal _____ egg. Don't freeze _____ since they get _____.
- H. _____ need special treatment for _____ to keep them from getting _____ to mix after thawing. For every _____, beat in 1/8 teaspoon of salt. If you plan to use the _____, beat in 1 1/2 teaspoons of sugar instead. Mark the container with the _____ and whether you added salt or sugar; then freeze.

VI. Cooking with Eggs

- A. Because eggs are _____ food, they must be cooked carefully. _____ cook faster than _____. Eggs should be cooked until the _____ are firm. _____ should be thickened, not runny.
- B. Never eat _____ eggs and foods that contain them. Some eggs may carry the _____. It is recommended that egg dishes are cooked to _____ in the center.

VII . Eggs Cooked in the Shell (Hard-Boiled Eggs)

- A. Place a _____ of eggs in a _____. Add water to a level at least _____. Cover the pan and bring the water to a boil. Turn the heat off as soon as _____ begins. Remove from the heat source. Let the eggs stand, covered in hot water. Allow _____ minutes for _____ size eggs, _____ minutes for _____, and _____ minutes for _____.
- B. When eggs are _____, immediately pour off the _____ and run cold _____ over them or place them in _____ to stop the cooking process and cool them. _____ them in their _____ until needed.
- C. Eggs sometimes _____ as they cook because the air inside the eggs _____ as it heats. This tends to happen when eggs are _____. This can also occur when cooking them in more than _____ as the eggs bump into each other and _____. If an eggs _____ during cooking it is ready for _____.
- D. To _____ a hard-cooked egg, _____ the egg all over to _____ the shell. Then _____ the egg lightly between your hands to _____ the shell. Peel the _____, starting at the _____ where the air cell is located. Hold the egg under cold running water to help ease off the shell. Fresh eggs are harder to peel since they have a smaller air cell.

E. Have you ever seen a hard-cooked egg yolk that has a _____ surface? The color is a reaction between _____ in the white and iron in the _____. Cook eggs no longer than necessary.

F. Once hard-cooked, eggs can be _____

VIII. Poached Eggs

A. Poaching eggs cooks them in _____. This method adds _____ while cooking. Using _____ and getting them to _____ are keys to successful poaching.

B. To poach eggs, _____ in a saucepan to a depth of about _____ inches. Heat to boiling and then reduce to a _____.

C. Break _____ egg at a time into a small dish. Hold the dish close to the surface of the liquid and _____ the egg. Cook until the _____ is completely set, about _____. The _____ should be thickened. Remove the eggs, one at a time, with a _____ and drain for a few seconds.

D. Usually, poached eggs are served on _____. You can also spoon _____ onto toasted _____ and top with poached eggs.

IX. Fried Eggs

A. Eggs can be fried in _____ coated with vegetable oil cooking spray. Heat a small amount of fat in a skillet over _____ heat until hot enough to sizzle a drop of water.

B. To avoid breaking the _____ break one egg at a time into the heated skillet. Cook until _____. To cook the tops, baste them with hot fat, turn the egg over carefully, or cover the skillet with a lid for the last minute of cooking.

X. Scrambled Eggs

A. To make _____, beat eggs together with water or milk in a bowl. Use _____ of liquid for each egg. Heat a small amount of fat on low in skillet, or use a vegetable oil cooking spray.

B. Pour the _____ into the heated skillet. Then let it stand for _____ seconds. As the mixture starts to _____ an inverted turner gently through the eggs. This forms _____ and allows the _____ egg to flow to the bottom of the skillet. Continue this process until the eggs are _____ and no visible _____ remains. DO NOT stir constantly. This causes the eggs to lose moisture and become small tough curds.

C. You can also scramble eggs by _____ into the skillet. When whites begin to set, mix the eggs _____ and cook until they are thickened and no visible liquid remains. The eggs will be less _____ and have streaks of _____.

XI. Soft Cooked Eggs

A. The perfect soft boiled egg has _____. The whites are almost _____ like and the yolk is _____. The eggs are still within their shells.

- B. Fill a saucepan about halfway with water and bring it to a boil. Decrease the _____ so that the water reduces to a _____ and gently lower the eggs into the water _____.
- C. Cook the eggs for _____: _____ for a yolk that is still _____ and _____ for a yolk that is _____. Drain the eggs and run them under cold tap water for 30-60 seconds.
- D. To eat, use a knife or egg-cutter to take the _____ of the egg and eat it _____, preferably with plenty of toast for dipping. More _____ eggs can be cracked (carefully!) and peeled like a _____ egg. All soft-boiled eggs should be _____ and eaten _____.