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

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 ________________
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. Pell 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 loose 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 ________________