Separated eggs: yolks v. whites / British Egg Information Service.

Contributors

British Egg Information Service.

Publication/Creation

London: British Egg Information Service, [1965?]

Persistent URL

https://wellcomecollection.org/works/u8xyazy9

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Yolks v. Whites



Issued by the
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SEPARATED EGGS

Yolks v. Whites

Very often a recipe requires the use of egg whites, or egg yolks, alone. What to do with the other half sometimes presents a problem. Here are some suggestions.

EGG YOLKS

They are better if used immediately, but they can be kept for 2 or 3 days if placed, whole, in a screw-topped jar, covered with cold water and put in the refrigerator.

Add an egg yolk to the mixing of pastry, scones and batters, to cream sauces and soups (but do not let the liquid boil after adding the yolk). Add an extra yolk or two to scrambled eggs. Or make this dish with yolks alone, adding 2 tablespoons of milk for each yolk when mixing; cook in a greased basin set in a pan of water. Poach them hard (this can be done in an eggcup standing for 15 minutes in simmering water), rub through a sieve and use the resulting Mimosa Balls to garnish soups, salads and rice dishes.

* BUTTER CREAM (One egg yolk)

l egg yolk

3 ozs. butter

6 ozs. icing sugar

Cream the butter and sugar together, then add the yolk. Mix well. This is an excellent home-made whipping cream for fillings and pipings on trifles, gateaux, etc.

* MAYONNAISE (Two egg yolks)

2 egg yolks salt, pepper, mustard 1 tablespoon vinegar (Tarragon vinegar

gives a nice flavour)

to ½ pt. olive oil (according to degree of oil flavour required)

Mix the yolks and seasonings. Then add the oil, drop by drop, stirring hard all the time. Gradually add the vinegar, still stirring. If the mixture becomes too thick, add a little white vinegar. This can be kept for days in a screw-top jar in the cool.

The 'secret' in making mayonnaise is to add the oil - especially the first spoonfuls — drop by drop. And

make quite certain that all the white of egg is drained off each yolk. If the mixture should curdle, put another egg yolk into a basin, and add the curdled mixture drop by drop, stirring hard.

* FROZEN ORANGE MOUSSE (Three egg yolks)

3 egg yolks ½ pt. cream

3 teacup orange juice (lightly whipped)

4 teacup castor sugar pinch of salt

Heat orange juice, sugar and salt in the top of a double boiler. Beat yolks until thick and lemon coloured. Add them to the orange mixture and cook until thick, stirring constantly. Cool, then fold in the cream. Pour into individual cups and place in the freezing compartment of the refrigerator.

* BAKED CUSTARD (Four egg yolks)

4 egg yolks vanilla essence 1 pt. milk nutmeg 4 tablespoons sugar (or to taste)

Beat yolks and sugar together, add vanilla essence to taste. Boil the milk; whilst still boiling pour over the yolk mixture, stirring all the time. Strain, then turn into a large buttered dish or individual cups. Set in a pan of hot water (to come about quarter-way up the dish) and bake in a moderate oven for about 25 minutes or until firm. Sprinkle with grated nutmeg before serving either hot or cold.

There are many ways of serving a baked custard:

For Coconut Custard prepare and cook as above, but add ½ teacup grated coconut before baking. Omit the nutmeg but sprinkle a little grated coconut on the custard before serving.

For Custard Tart make the pastry with plain flour and when lining the tin, press it well to the corners to prevent air bubbles forming. Pour in the custard – made as above – and bake in a moderately hot oven (420°F or Gas 6), reducing heat to 375°F or Gas 5, after ten minutes' cooking. When baking in an oven glass dish, stand this on a metal sheet in the oven, to ensure thorough cooking of the pastry.

For Caramel Custard make the caramel by melting 3 tablespoons sugar in one tablespoon water. Bring to the boil without stirring, and boil until light golden brown. Pour sufficient caramel into buttered, heated (or heatproof) cups to line the bases. Add the custard – prepared as above – and bake in a very moderate oven for 25 minutes. If made in a large dish instead of individual cups, cook for one hour.

EGG WHITES

They will keep for several days in a covered bowl in the refrigerator (away from the freezer).

Add an extra white or two to soufflés, or to any sweets or savouries of the mousse type. Or whisk a white into a just-setting jelly. Give a meringue top to plain milk puddings – just a few minutes in a hot oven is sufficient cooking. Egg whites can be used, in place of egg and breadcrumbs, in coating meat cakes and vegetables. Whisked stiffly they can be added to fruit purée and cream to make a delicious dessert.

* NUT MARGUERITES (One egg white)

1 egg white 2 ozs. finely chopped nuts pinch of salt vanilla essence 3 tablespoons sugar small, crisp biscuits

Beat egg white until stiff but not dry; add sugar and salt and beat again. Fold in nuts and vanilla essence (to taste). Shape a mound of this mixture on top of each biscuit; arrange on a baking sheet and cook in a moderate oven for about 15 minutes.

* PEACH MERINGUE TARTLETS

(Two egg whites)

2 egg whites Peach halves short crust pastry (tinned or fresh) 3 oz. sugar

Line deep patty tins with pastry, place a well-drained half-peach in each and cover with a whirl of meringue made by beating the whites stiff (but not dry), then beating in the sugar. Bake in a moderately slow oven for 25 minutes.

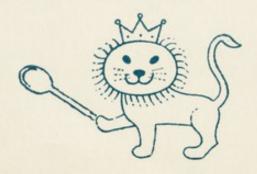
* ANGEL PARFAIT (Three egg whites)

3 egg whites ‡ pt. cream

† teacup castor sugar (lightly whipped)

† teacup water vanilla essence
pinch of salt

Cook sugar, water and salt together rapidly, to the soft ball stage (when a little dropped in cold water forms a soft ball). Pour slowly on to the egg whites which have been whipped lightly, beating while pouring. Continue beating till the mixture cools, fold in the cream and vanilla essence thoroughly, then freeze.



* MERINGUES (Four egg whites)

4 egg whites

8 ozs. sugar (half castor, half granulated is best)

Whisk the whites until dry and stiff. Gradually add the granulated sugar and whisk until the former stiffness is regained. Then lightly fold in the castor sugar.

Turn tablespoons of the mixture on a clean, smooth baking sheet that has been very lightly oiled (using olive oil). Or cover the baking sheet with greased greaseproof paper or with rice or silicone paper. Place in a very cool oven and leave for several hours. (Meringues should 'dry out' rather than cook, otherwise they may become brown and tough). If using an electric oven set the temperature at 250°F and leave door open a crack, otherwise the meringues may have sticky bases.

Meringues can be made with any number of egg whites: 2 ozs. sugar to one white.

* Meringue à la Chantilly

To 12 meringue cases allow ‡ pt. double cream sweetened and flavoured with a pinch of sugar and vanilla essence. Whip the cream and place a layer of this between two meringue cases, flat sides together. Sprinkle the cream with chopped nuts.

* HINTS ON SEPARATING EGGS

There are many ways of separating eggs without the use of a separator:—

- Break an egg on a saucer, invert an eggcup over the yolk and drain off the white.
- Break the egg in two, and hold the half-shells like two cups. Gently tip the yolk from one half-shell to the other, and the white will gradually drop into a bowl placed beneath.
- Set a small, wide-stemmed funnel in a glass. Break the egg in the funnel and the white will slip through to the glass.
- With a needle, prick a smallish hole in the round end of an egg. Gradually enlarge it until the white runs out. Take care not to prick the yolk with the needle.

Never attempt to whip egg whites that contain even the tiniest speck of yolk. The yolk contains fat and this will prevent the whites beating stiffly. So will any smear of grease on whisk, basin or other utensil used.

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