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# THE EGG STORY

## 5

### COOKING WITH EGGS

There are six basic ways of cooking eggs – boiling, poaching, baking, frying, scrambling and in omelettes.

Eggs cook very quickly so they are ideal on their own for quick meals and snacks.

Eggs are also very versatile and can be cooked with other foods to make hundreds of different dishes. This is because they have several special properties.

Eggs, especially egg yolks, thicken sauces, soups, puddings and real custard. They also set thick sauces such as mayonnaise.

Eggs are also used to make foods light and fluffy. Eggs, especially egg whites, foam when they are beaten to incorporate air and beaten eggs are added to meringues, mousses and souffles.

They bind ingredients together for making croquettes, fish and meat cakes.

With breadcrumbs or batter they are used for coating meat, fish or vegetable dishes.

They are used for glazing pastry.

Hard-boiled eggs are used as fillings for sandwiches, salads and to garnish many other dishes.

Divide the class into groups of four or five to make the quick and easy recipe for fairy cakes overleaf, or suggest that children make them at home and bring a few in to school.

### FURTHER TEACHING SUGGESTIONS

Do research on the class (or school's) favourite egg dishes. Plot on a graph the most popular ways of eating eggs.



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- Cook at home either a boiled egg, scrambled egg, an omelette, a poached egg or a fried egg.
- In school write out the recipe showing how you cooked your eggs. Remember you must list the ingredients and any other utensils needed. Then write out the method. Your teacher will show you how.
- Did you serve your eggs with anything else to make a complete meal?
- Here is a recipe for fairy cakes. (This shows how eggs help cakes to rise.)

### Fairy Cakes

#### Ingredients

100g (4oz) caster sugar	2 eggs
100g (4oz) butter or margarine	100g (4oz) self-raising flour

Decorations – glace icing, cake decorations or small sweets

#### You will need

12 paper cake cases	Wooden spoon or hand electric mixer
12 hole patty tin	2 teaspoons
Large mixing bowl	Oven gloves
Small bowl	Wire cake rack
Fork	Serving plate
Tablespoon	

#### Method

- 1 Set the oven to 190°C (375°F) or gas mark 5.
- 2 Place the cake cases in the patty tin holes.
- 3 Beat the caster sugar and fat together in a mixing bowl until it is pale and fluffy.
- 4 Break the eggs. Beat the eggs in the small bowl using the fork.
- 5 Add the eggs to the sugar and fat mixture a little at a time, beating well after each addition.
- 6 Fold in the flour using the tablespoon.
- 7 Divide the mixture between the paper cases using the teaspoons. Use one of the teaspoons to push the mixture off the other teaspoon into the paper cases.
- 8 Bake in the oven for about 20 minutes until golden, then remove the tin from the oven using the oven gloves.
- 9 Remove the cakes from the patty tin and cool on the wire rack.
- 10 Decorate and serve.

