

The do's and don'ts of catering with eggs... / British Egg Information Service.

Contributors

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THE DO'S AND DON'TS OF CATERING WITH EGGS



✓ BUY EGGS
IN BOXES WITH
THE LION MARK

✓ WASH HANDS
BEFORE
& AFTER
HANDLING EGGS



DO

✓ STORE EGGS
IN THEIR BOXES,
OR ON TRAYS,
AWAY FROM
RAW MEAT



✓ KEEP EGGS
AND EGG
DISHES
REFRIGERATED



WASH
EGGS



USE
CRACKED
EGGS

DON'T



USE
DIRTY
EGGS



RE-USE
LEFT-OVER
EGG DISHES

Demonstrate your commitment to hygiene by displaying this information in your kitchen.
Order your free laminated "Do's and Don'ts" poster from the British Egg Information Service on 071-370 7411.

PROFITABLE EGGS

Eggs are inexpensive, versatile and, with a little imagination, can be highly profitable for caterers.

VALUE-ADDED EGGS

Scrambled eggs: Add ingredients such as ham, bacon, sweetcorn, peppers, spring onions, chives, smoked salmon. Create a luxury dish by mixing in cream, smoked salmon or caviar.

Poached eggs: Cover with cheese sauce and serve on a bed of green noodles and spinach to create a luxurious Eggs Florentine.

Hard-boiled eggs: To spice up salads mix yolks with anchovies; Stilton, Blue or cream cheese; chives; walnuts and celery; or plain mayonnaise. Stuff whites and serve with colourful garnish.

For alternative Scotch eggs, cover hard-boiled egg with smooth mashed cheesy potato, coat in beaten egg, roll in herb flavoured crumbs and deep fry. Serve on shredded Iceberg lettuce with a hot barbecue sauce.

VERSATILE EGGS

Omelettes: Create "speciality" omelettes by adding smoked salmon or other smoked fish; prawns, potato, onions and peppers; smoked sausage; chicken and mushrooms.

Quiches and flans: To add variety and individuality use seasonal vegetables, like broccoli, asparagus and leeks; mushrooms and tomatoes; smoked fish or chicken; bacon and cheese. Create sweet quiches and flans using exotic fruits such as mango, lychee, paw paw and pineapple.

STYLISH EGGS

Souffles: Go up-market with ingredients such as asparagus, artichoke, smoked salmon and Swiss cheese. Flavour sweet souffles with exotic citrus such as lime, or oranique; or add liqueurs, such as Grand Marnier, Amaretto or Cointreau.

YOU CAN RELY ON THE LION

In 1990, the Little Lion returned to eggs — this time on the boxes instead of on the individual eggs.

The Lion mark is your assurance that the eggs have been produced by flocks which meet the strict new hygiene standards, which for the UK are laid down by law. No other country in the world has established such strict standards for egg production, which includes monitoring and testing of breeding flocks and feed, right through to the laying hens themselves.

The introduction of the new Food Act in January 1991 has placed even greater responsibility for food hygiene with caterers. By choosing Lion eggs, you can be assured that the eggs you use have been produced to the highest standards in the world.



NUTRITIOUS EGGS

Eggs are one of the most complete and nutritious foods available. They are high in protein, vitamins and minerals. Eggs are also relatively low in calories — a size 3 egg contains approximately 80 calories.

They do contain cholesterol, but cholesterol in the diet is now known to be less important than saturated fatty acids in raising cholesterol in the blood, and eggs are low in saturated fatty acids.

EGG PRODUCTS

In addition to fresh shell eggs, eggs are available in a wide range of pasteurised forms, including whole or separated yolk and whites, liquid, frozen or dried. Mixes for custard, quiches, omelettes or scrambled egg are also available, as are glazes, hard-boiled eggs (in vinegar, butter solution or

vacuum packs) and long egg (reformed whites and yolks in long pieces).

For details of local suppliers of egg products, contact the British Egg Information Service on 071-370 7411 or the British Egg Products Association on 0737 357048.