

**Add an egg and cooking's easy.**

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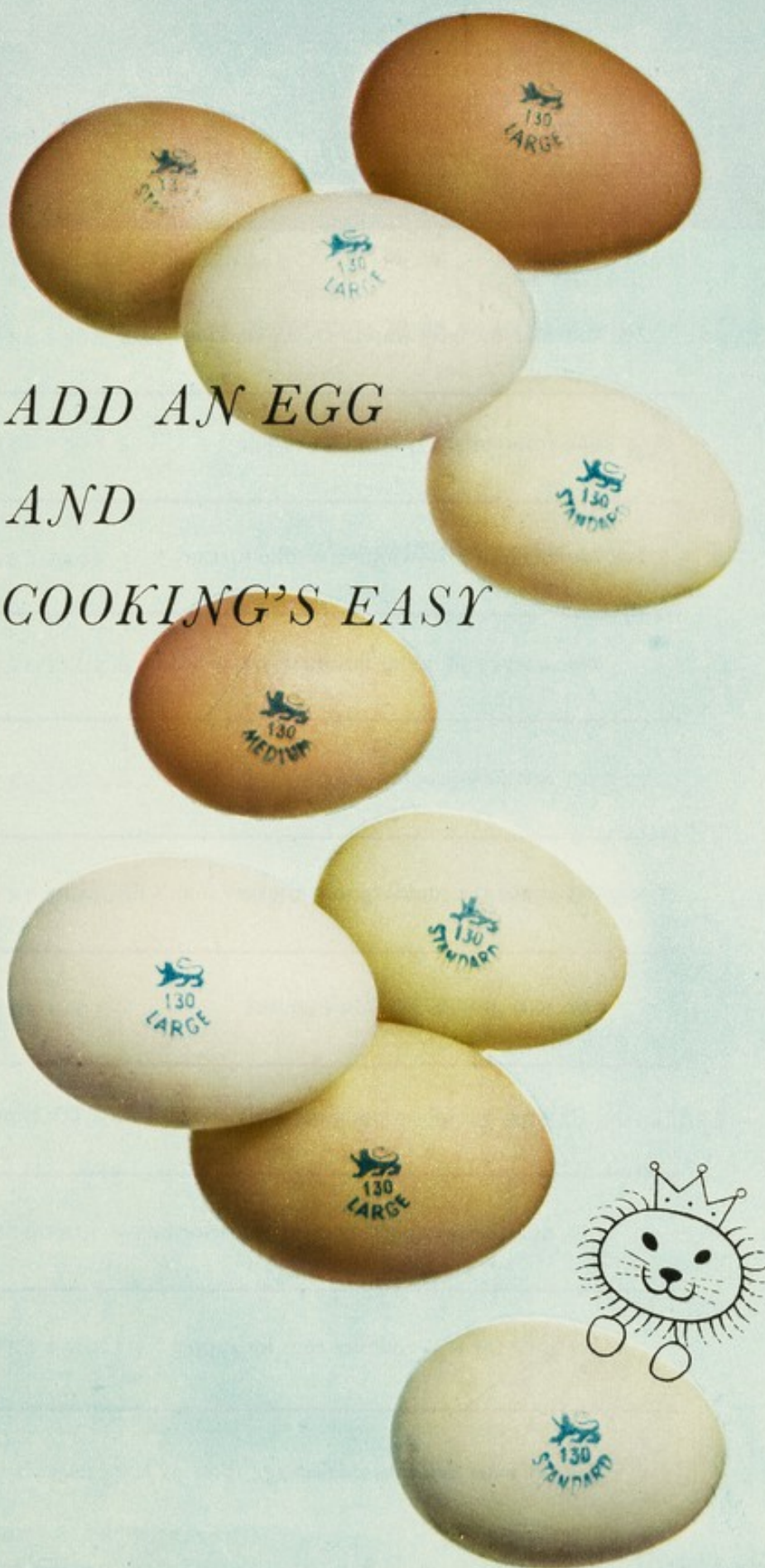
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*ADD AN EGG  
AND  
COOKING'S EASY*



## IF YOU HAVE PLENTY OF EGGS IN YOUR LARDER

*You can* find the easy way to clever cooking

SEE PAGE 3

*or* improve every meal you cook

SEE PAGE 4

*You can* make a prizewinning soufflé first go

SEE PAGE 5

*and* a luxury pudding for about 6d. a head

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*or* a failure-proof meringue

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*or why not* make the pudding that is every man's favourite

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*or* bake a high cake for high tea

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*or* try a Yorkshire pudding the Yorkshire way. It's heaven!

SEE PAGE 8

*or* mix the best pick-me-up the doctor knows

SEE PAGE 9

*or* give them Wendover eggs for supper

SEE PAGE 10

*Lots of other delicious add-an-egg ideas on every page.*

*Adding an egg is an easy way*

*of learning to be an adventurous*

*cook. Once you have added an egg*

*to mashed potato or packet*

*jelly you'll soon find yourself*

*using an egg to mix your pastry.*

*Before you know where you are*

*you're tackling a soufflé.*

*What is a soufflé, after all, but adding*

*an egg to white sauce?*



## *FIRST STEPS IN ADD-AN-EGG COOKERY*

How comforting it is to know that just by adding an egg to simple foods you add so much flavour to the dish, and so much health to the family meal.

### **ADD AN EGG TO MASHED POTATO**

Just whisk up an egg in the milk you use for mashing the potatoes. You'll make them all fluffy and golden and, of course, so much better for you.

### **ADD AN EGG TO MILK PUDDINGS**

Whisk up your egg lightly and then stir it straight into your pudding before you pop it in the oven. It's wonderfully creamy this way.

### **ADD AN EGG TO PACKET JELLY**

Make your jelly as usual and when it is cool but not yet set, stir in the well-whisked egg. Or if you add the lightly whisked yolk first and then fold in the stiffly beaten white, separately, you'll get a honeycomb mould—and that's what the children love best of all.

N.B. You'll find a jelly made with added egg never sticks to the mould.

### **ADD AN EGG TO PASTRY**

Use a lightly whisked egg instead of water for mixing your pastry. It will be nicer and shorter and you'll find it keeps longer.

### **ADD AN EGG TO WHITE SAUCE**

When you have made your sauce take it off the heat and add a lightly beaten egg yolk. Do not let it boil again. Or you can hard-boil your egg and add it chopped.

### **ADD AN EGG TO SUPPER DISHES**

Welsh rarebit, spaghetti, haddock and all kinds of simple supper dishes are far more delicious and nourishing with a poached egg on top. And why not give father a fried egg on top of his steak?



AND NOW  
BEGIN TO FIND YOUR WINGS



Q. WHAT IS A SOUFFLÉ?

A. JUST EGGS ADDED TO WHITE SAUCE

MAKE IT THIS WAY: Make a white sauce in *special* proportions—3 oz. real butter, 2 oz. plain sifted flour,  $\frac{1}{2}$  pt. of warmed milk. Cook a full 3 minutes, *stirring all the time*. Now add 4 oz. of your chosen filling (cheese or shrimps, etc.), and beat in 3 egg yolks, singly. Fold in the whites whisked *stiff*. Put mixture into soufflé dish. Cook 45 minutes, Regulo 5 or 390°F, middle shelf. Eat instantly. (Use  $1\frac{1}{2}$ -pt. dish, previously prepared with greaseproof paper tied round outside to come 2" above rim. Grease dish and paper together.)

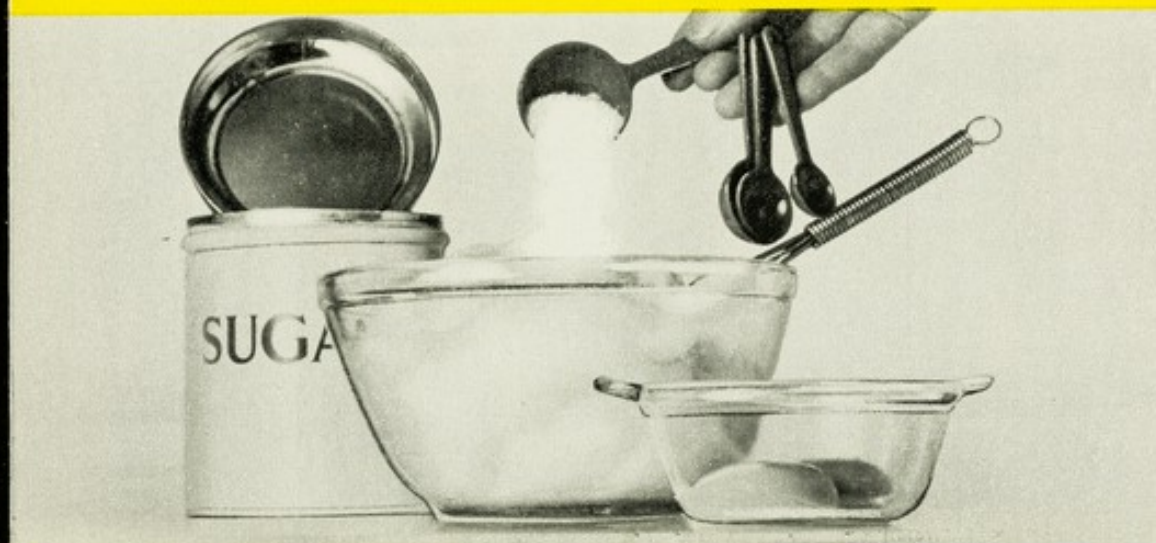




Q. WHAT IS CHOCOLATE MOUSSE?

A. EGGS ADDED TO A BAR OF CHOCOLATE

MAKE IT THIS WAY: Take 1 egg and 1 oz. ordinary chocolate for each person. Break chocolate into a *thick* saucepan. Melt over low heat with one teaspoonful (each) of water. Stir in whisked yolks. Beat well. Let mixture cool slightly. Add stiffly beaten whites. Mix *very* thoroughly. Leave to set in individual glass dishes.



Q. WHAT IS A MERINGUE?

A. JUST SUGAR ADDED TO WHITE OF EGG

MAKE IT THIS WAY: Beat 2 egg whites (plus pinch salt) till stiff. From 4 oz. caster sugar take 2 teaspoonfuls. Add them. Beat for a few minutes. Fold in remaining sugar plus a few drops of vanilla. Put little pyramids of mixture *very lightly* on to baking tray using a *teaspoon* or (ideally) a forcing bag. Dust with caster sugar. Bake at Regulo  $\frac{1}{4}$ , bottom shelf, until dry. (Note: Prepare baking tray in advance with double greaseproof paper greased with a *very little* olive oil.)

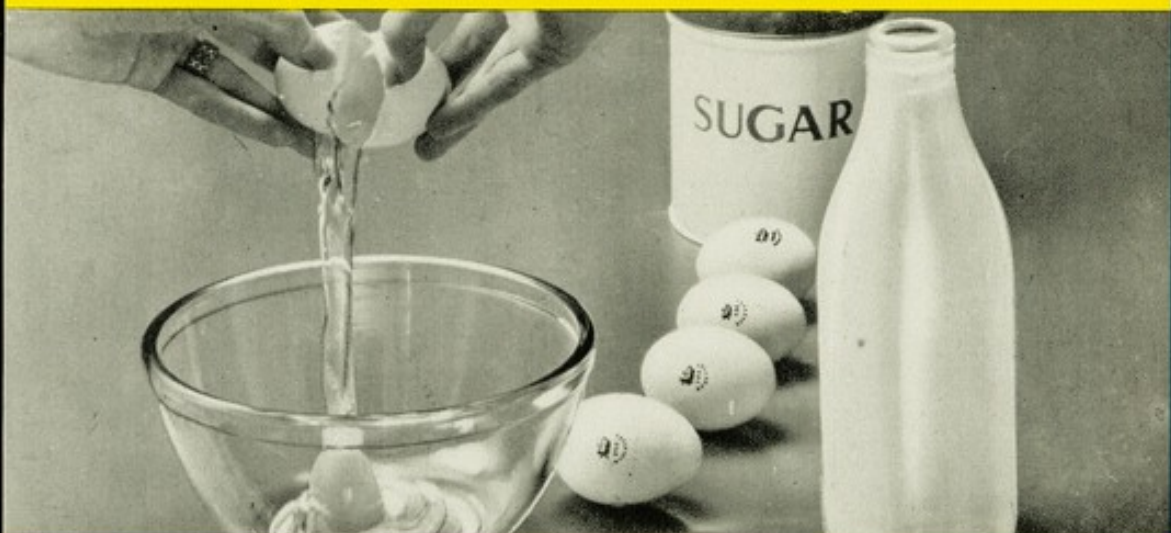




Q. WHAT IS MAYONNAISE?

A. JUST OLIVE OIL ADDED TO EGG YOLK

MAKE IT THIS WAY—and don't let anyone tell you it's difficult. Mix 2 egg yolks with salt, pepper and mustard. Slowly add a tablespoonful of vinegar, a little at a time, whisking thoroughly with a fork. Now add  $\frac{1}{2}$  pt. olive oil, steadily and fairly quickly with a metal spoon, stirring very briskly. Add a few drops of water if your mayonnaise gets too thick. Time—about 10 minutes.

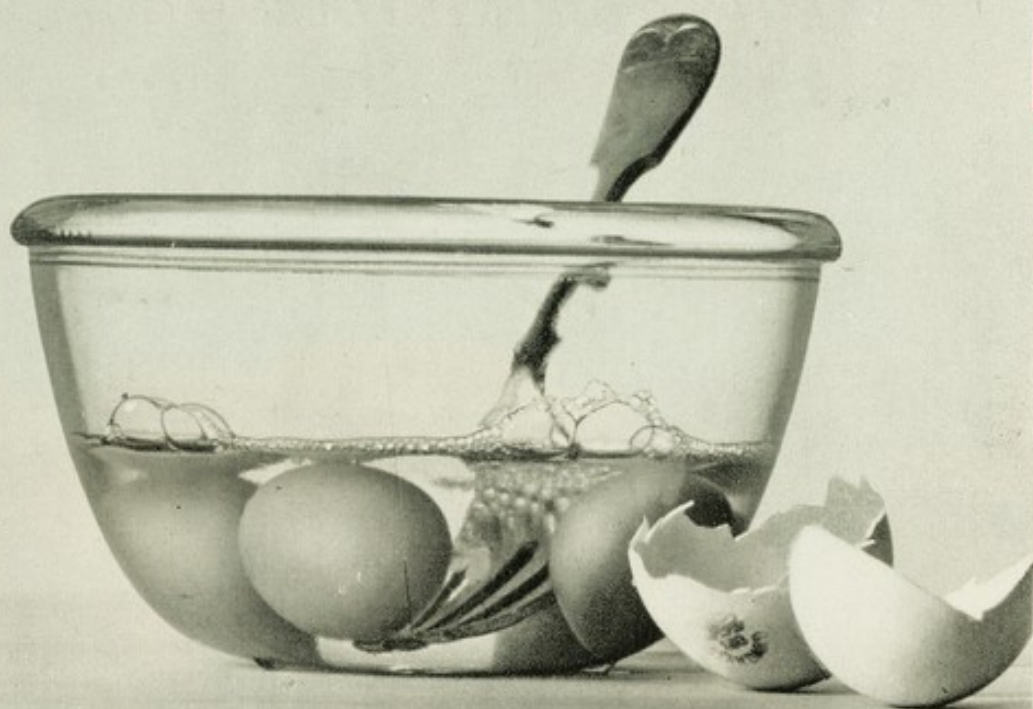


Q. WHAT IS CRÈME CARAMEL?

A. BAKED CUSTARD WITH EXTRA EGGS and caramel top

MAKE CARAMEL COATING FIRST: Boil 4 oz. sugar with 2 oz. water, without stirring, until really golden, but not dark brown. Pour into hot, shallow, round dish. It will cool and coat in seconds. Now make custard with 5 beaten eggs plus 1 tablespoonful sugar, added to 1 pt. milk. Pour into coated dish. Stand in a pan containing water to come half-way up dish. Cook on bottom shelf, Regulo 3 or 350°F, until set (about 1 hour). When it is cool turn it out into a suitable dish. It will come out in shape coated with caramel, and standing in caramel sauce.





#### IT OFTEN PAYS TO TAKE AN EXTRA EGG

##### TRUE SPONGE CAKE

If you usually take 3 eggs for Victoria sponge, take 4 and try making a fatless sponge instead. Your cake will be high and handsome.

**MAKE IT THIS WAY:** Break 4 eggs into a bowl and add 4 oz. caster sugar. Stand it over a pan of gently steaming water and whisk until thick and creamy. Take the bowl from the heat and whisk again. Then fold in 4 oz. plain sifted flour as quickly and lightly as you can. Divide the mixture into two and bake about 15 minutes at 370°F, or Regulo 4.

##### CAKE-MIX

If your cake-mix tells you to add water only, add a little less than it says and an egg too. Your cake will double its height, taste much nicer and keep far better.

##### YORKSHIRE PUDDING

If you usually make 'Yorkshire' with 1 egg, try 2 eggs, adding the well-whisked white of the second egg at the end. Your pudding will be a nicer colour and flavour, and the crust a little softer.

##### PANCAKES

If you usually make your pancakes with 1 egg to 4 oz. of flour and a  $\frac{1}{2}$  pt. of milk, add an extra egg and make the thin, light, crispy ones. Use only a tablespoonful of batter for each pancake—that's the other part of the secret.



# YOUR FAMILY NEED AT

## *besides*

### WHEN YOU ADD AN EGG TO BREAKFAST

You add body-building food.

You cannot go on living or growing without the kind of protein you get in egg. Young people need it for the actual physical business of growing. Mature people need it to keep the tissues in a state of repair. That is why they say 'egg helps to keep old people young'.



### WHEN YOU ADD AN EGG TO MILK

It picks you up.

Egg is a better stimulant than alcohol.

If you are overtired or overworked and you still have to go on, slip a raw golden egg into a cup of milk, flavour it with salt and pepper and drink it down.

Give it to your son or daughter when they are facing the 11-plus. Give it to your husband when he's giving the speech of his life. Have it yourself when the baby has kept you up all night.

*And do you know, by the way, that crushed egg shells are wonderfully good for your rose beds. Some people save them up for just this purpose.*

# LEAST AN EGG A DAY EACH

*the ones you add in cooking*

## WHEN YOU ADD AN EGG TO THE MIDDAY MEAL

You turn a light meal into a sustaining meal.

Try adding scrambled egg to kidneys this way: Scramble your eggs with butter and plenty of salt and pepper while the kidney is grilling. Serve with green peas. It makes one of the most tempting platefuls you ever have seen. And you're getting a double share of body-building protein.



## WHEN YOU ADD AN EGG TO THE EVENING MEAL

You help the digestion, add to the luxury without adding much to the budget. And you give everyone a feeling of gentle satisfaction that helps them to enjoy the evening.



### TRY WENDOVER EGGS

The secret of this dish is to boil the eggs for 7 minutes so that the whites are firm and the yolks are creamy. You put a slice of boiled ham on each plate, hand round the hot peeled eggs. Let the family slice up their own with lots of butter and salt and pepper on top. Follow with a juicy baked apple.