



FOODS AND NUTRITION  
Publication 348-240  
Reprinted June 1984

## EGG COOKERY

Eggs are a food that most cooks find they can't do without. Eggs often appear in some form at every meal. Eggs can be served in many different ways. Eggs are also used in many recipes.

Eggs contain nutrients needed for good health. They contain protein, iron, vitamin A, and riboflavin.

Buying eggs. Buy graded eggs that have been kept in the refrigerator.

Cartons of government graded eggs are marked to show both quality and size. The grade mark looks like this and means that each egg has been graded for quality and sorted for size.



The grade of the egg does not affect its food value; nor does shell color.

Storing. Put eggs in the refrigerator as soon as possible. They lose quality quickly in a hot car or kitchen. Store eggs with the narrow end down. And keep them covered.

### HARD-COOKED EGGS

Eggs should never be "hard boiled." Hard cooked is the proper term meaning that both the white and yolk of the egg are firm.

To hard cook eggs, place egg or eggs in a pan. Cover with cold water. Put a lid on the pan. Bring water to boiling point. Turn heat down so that water is simmering (bubbles just break the surface of the water) but not boiling. Cook for 15 to 20 minutes after water first reaches boiling point. Pour off hot water and cover eggs with cold water. Crack egg shell and start peeling from big end of egg.

Hard cooked eggs are good when eaten hot with a bit of butter or margarine, salt, and pepper. Or pack them in your lunch for school or a picnic. Be sure to take along some salt.

Cooking eggs too long or at too high a temperature causes a greenish coating to form on the egg yolk. The egg is perfectly safe to eat but you may not like the way it looks and tastes. It is apt to taste like sulfur or an "old" egg. And the white will be tough.

Hard cooked eggs may be used in a variety of ways.

Chop them, add salt, pepper, pickle relish or chopped pickle, and mayonnaise for egg salad.

Chop them and add to tuna, ham, or kidney bean salad.

Slice them and add to cheese sauce or cream-style corn and serve over toast, cornbread, or rice.

Dice them and serve on cooked greens.

Or try one of these recipes.

#### DEILED EGGS

6 hard-cooked eggs	1/2 teaspoon salt
2 teaspoons vinegar	1/8 teaspoon pepper
1 teaspoon prepared mustard	2 tablespoons mayonnaise

Cut the cooked eggs in halves lengthwise or crosswise. Take out the yolk being careful not to break the white. Mash the yolks with a fork. Add all other ingredients and mix well. If mixture seems dry, add more mustard or mayonnaise. Spoon "deiled" mixture back into the hollow in the whites. Place the eggs in the refrigerator to chill.

#### PICKLED EGGS

6 hard-cooked eggs	1 teaspoon pickling spice
1 1/2 cups vinegar	2 teaspoons salt
1/2 cup water	2 teaspoons sugar
1 tablespoon brown sugar	

Place peeled eggs in clean quart jar. Mix all other ingredients in a saucepan and bring to a boil. Simmer for 5 minutes. Pour over eggs. Put a lid on the jar. Cool at room temperature. When cool, store in the refrigerator for at least 2 weeks.

Does the white of an egg or the yolk get hard first? If you could see through the shell, you would note that the white gets hard first. Egg white begins to thicken at 144°F., but egg yolk does not begin to thicken until the temperature reaches 149°F. At this point, the white has thickened enough so that it will not flow.

Prepared by Jo Anne Barton, Extension Specialist, Foods and Nutrition, Virginia Tech.