Eggs Study Guide

Guide to Good Foods, Chapter 18, pages 308-317

Selecting Eggs:

1. Nutritional Value- An excellent source of protein
   - Thiamine, riboflavin, iron, phosphorus, Vitamins A & D
   - Egg yolks are high in cholesterol

2. Egg Grades are determined by:
   a. condition of the shell b. size of the air cell,
   c. clearness and thickness of egg white d. condition of the yolk
   - US Grade AA and Grade A available in most retail stores
   - To determine freshness- break open, egg white should cover a small area, yolk is thick, and stands high above the white.

3. Egg Size and Color-
   - Most recipes are formulated for medium or large eggs.
   - Neither size nor color has an effect on the nutritional value.

4. Storing Eggs-
   - Eggs will keep 4 to 5 weeks in the refrigerator.
   - Use cracked eggs promptly and only in thoroughly cooked foods.

Eggs as Ingredients:

1. Emulsifiers- egg yolk are added to an oil and water based liquid to keep them permanently mixed. Examples: mayonnaise and hollandaise sauce

2. Foams- are made by beating the egg whites to add air to foods
   - are affected by:
   - Temperature- separate cold and beat at room temperature
   - Time- too little or too much beating will cause foams to loose volume
   - Fat- inhibits the formation of an egg white foam Example: egg yolks
   - Acid- makes the foam more stable and adds whiteness Example: cream of tartar
   - Sugar- increases the stability of the foam. Also, increases the beating time. Add sugar after you have reached the desired volume.

Foods For Today Study Guide

M Woodhall

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