

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

Lauren Gardner



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