

AMAZING EGGS!



NAME _____

HOUR _____

VIDEO WORKSHEET

1. List three reasons why eggs are so amazing.

2. List three steps eggs experience from the hen to your dinner table.

3. Does egg size have any relationship to the quality of the egg? Name two egg sizes.

4. List three nutrients in eggs.

5. List six jobs/functions of eggs.

6. List six ways to prepare eggs.

CHINA LEADS THE WORLD IN EGG PRODUCTION. THE US IS THE 2ND LARGEST EGG PRODUCER.

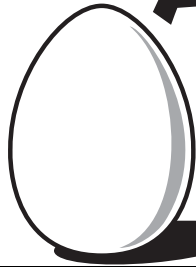


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AMAZING EGGS!



VIDEO WORKSHEET TEACHER'S KEY

1. Any of three of the following:

- Healthful/nutritious
- Taste good
- Low cost
- Easy to find
- Fast and easy to prepare
- Great meals and snacks
- Versatile – do a lot!
- Popular

2. Eggs are:

- Laid
- Gathered mechanically
- Placed in containers
- Washed
- Sprayed with mineral oil
- Sorted
- Graded
- Packaged
- Sold in stores

3. No. Egg sizes are:

- Jumbo
- Extra Large
- Large
- Medium
- Small
- Peewee

4. Any three of the following:

- Vitamin A
- B-12
- Riboflavin
- Iron
- Calcium
- Thiamin
- Niacin
- Phosphorus
- Iodine
- Pantothenic acid
- Vitamin D

5. Any six of the following:

- Leavens (angel food cakes)
- Binds together ingredients (meatloaf)
- Thickens (puddings)
- Coats or glazes (adheres seed, nuts, etc.)
- Clarifies (Swedish coffee)
- Emulsifies (salad dressings)
- Garnishes (with hard cooked eggs)
- Colors (egg noodles)
- Slows crystallization (frosting, candy, ice cream)
- Moistens (muffins)
- Dries (cream puffs)
- Flavors (adds richness)
- Adds nutrients

6. Any six of the following:

- Scrambled
- Fried
- Poached
- Hard cooked
- Soft cooked
- Baked
- Omelets
- Frittatas
- Sauces
- Soufflés
- French toast
- Custard
- Eggnog
- Custard ice cream
- Quiches
- Meringues
- Butter cream frosting
- Mayonnaise

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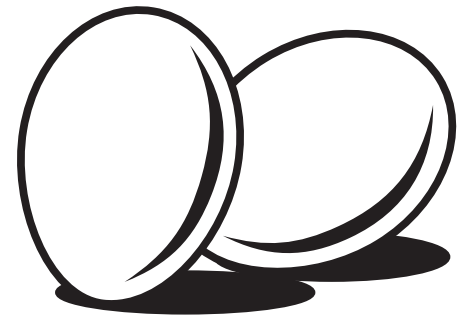


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AMAZING EGG RECIPES



BREAKFAST EGGS

- 3 oz. seasoned croutons
- 1 1/2 cups shredded American cheese
- 6 eggs
- 2 cups milk

Sprinkle croutons over bottom of greased 9" x 9" x 2" pan. Top with shredded cheese. Beat eggs and milk; pour over cheese. Cover and refrigerate overnight. Heat oven to 350°. Bake uncovered for 45 minutes or until knife inserted near center comes out clean. Let stand 10 minutes before serving. Makes 10-12 servings.

SAILBOAT EGGS RECIPE

- 6 hard cooked fresh eggs
- 1/3 cup ranch dressing
- 3 slices American cheese, each cut diagonally into four triangles
- toothpicks

Cut hard cooked eggs in half lengthwise. Scoop out yellows and place in small resealable baggie. Add ranch dressing. Seal bag shut and squeeze and squish until contents are well mixed. Cut top off corner of baggie and use like pastry bag to pipe filling into egg whites. Skewer each triangular cheese "sail" onto a toothpick mast. Secure on egg to make a sailboat. Makes 12 – 1/2 egg servings.

Nutrition Information per 1/2 egg serving: Calories 76, Fat 6 g., Protein 4 g., Carbohydrates 1 g., Sodium 120 mg., Cholesterol 112 mg., Calcium 48 mg., Iron .4 mg.

40-SECOND OMELET

Even the most novice cook can prepare perfect omelets in 40 to 60 seconds by having everything ready and at hand when beginning the preparation. The eggs should be beaten, the fillings should be cut and diced, and even the serving plates should be right where you need them. Meats, vegetables, seafood, even fruit, can be wonderfully packaged inside of two eggs!

Note: Heat margarine in a 10-inch omelet pan before starting (should be hot, but not so hot that the margarine turns brown!). It should be just hot enough to sizzle a drop of water. Keep the heat on medium high to high throughout the cooking.

1 serving:

2 eggs

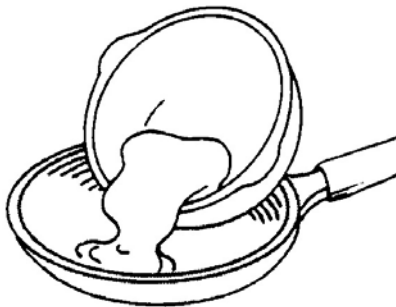
2 tbsp. Water

1 tbsp. Margarine



1. BEAT

Beat together eggs and water until blended.



2. POUR

Pour egg mixture in heated pan. Mixture should set immediately at edges.



3. PUSH

With an inverted turner, carefully push cooked portions at edges toward center so uncooked portions can reach hot pan surface.



4. TILT

Tilt pan and move pan as necessary. Continue until the egg is set and will not flow.



5. FILL

Fill the omelet with 1/2 cup of desired mixture.



6. SERVE

With turner, fold omelet in half. Invert onto plate and serve.

SUDDEN QUICHE

Sudden Quiche is a fast, easy and versatile recipe. Eggs and milk in a pie crust, baked with whatever other filling you have on hand, will produce a classic quick quiche!

6 servings:

- 6 eggs
- 1 cup milk
- 2 cups filling*
- 1 (9-inch) deep-dish frozen pie shell

Mix together eggs, milk, and filling. Pour into frozen pie shell. Bake in preheated 350°F oven until knife inserted near center comes out clean, about 45 to 50 minutes. Let stand 5 minutes.

***Filling suggestions:** 2 cups total of any of the following: shredded cheese, chopped, drained, cooked vegetables, meat, seafood, or poultry.

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- The original quiche was Quiche Lorraine, a classic combination of eggs and cream baked in a rich pastry crust. The name Quiche derived from the German name for kuchen. Lorraine is the area in France it is from.
 - Contemporary quiches can be filled with just about anything and are a great way to use up leftovers. As an emergency meal, they work great. You can always keep a pie shell in the freezer, along with grated cheese. The other ingredients are staples – eggs and milk, usually on hand.
 - Leftover quiche microwaves well and makes a great breakfast or lunch.

TORTILLA WRAP

- 1-2 eggs
- 1-2 tbsp. skim milk
- 1 tsp. oil
- 1 (6 inch) flour tortilla
- 1/8 to 1/4 tsp. Chili powder
- 4 slices pepperoni, quartered, if desired
- 2 tbsp. chopped green onion with tops
- 2 tbsp. shredded Monterey Jack cheese
- 2 to 3 tbsp. salsa OR taco sauce

In small mixing bowl, beat together eggs, milk, and chili powder until well blended. In 7 to 8-inch skillet over medium heat, heat oil until just hot enough to sizzle a drop of water. Pour in egg mixture. As mixture begins to set, gently draw an inverted pancake turner completely across bottom and sides of pan, forming large soft curds. Continue until eggs are thickened and no visible liquid egg remains. Do not stir constantly.

Put cooked eggs on tortilla. Sprinkle with pepperoni, chopped green onion, and Monterey Jack cheese. Fold or roll and serve with either salsa or taco sauce.

Makes one serving.