

Chef Todd Mohr's Web Cooking Classes.com

Week 18—Egg Cookery

“Exquisitely simple, yet enormously complex, the egg is one of nature’s marvels and what I consider the perfect food. Eggs can bind, leaven, thicken, emulsify, glaze, clarify, and garnish. They can be found in all culinary disciplines. Understanding how egg proteins work will give you greater skill in all aspects of the kitchen.

While eggs are widely known as breakfast entrees, they also perform in many other ways for the knowledgeable cook. Their cooking properties are so varied, that they have been called “the cement that holds the castle of cuisine together”. Eggs can:

- Bind – meatloaves, Lasagna, croquettes
- Leaven – baked goods, soufflés, sponge cakes
- Thicken – as in custards and sauces
- Emulsify – mayonnaise, salad dressings, hollandaise sauce
- Coat or Glaze – cookies or breads
- Clarify soups - to make consommé



Grade AA—Yolk is firm and high, albumen is thick and cloudy



Grade A—Yolk sits lower, albumen is clearer



Grade B—Egg covers more area, is flatter, albumen is watery

Egg Composition –

Primary parts of the egg are the **shell, yolk, and albumen.**

- Shell** – composed of calcium carbonate.
- Prevents microbes from entering and moisture from escaping
- Protects the egg during handling and transport
- Color is determined by the breed of the hen
- Color has no effect on quality, flavor or nutrition
- Yolk**— Yellow portion of the egg
- Constitutes 1/3 of egg mass,
- ¾ of the calories, minerals, vitamins and all of the fat.
- Contains lecithin, an emulsifier for mayonnaise and hollandaise
- Coagulates between 149 and 158 degrees.
- Color may vary on the type of feed given the hen
- Color has no effect on quality, flavor or nutrition of the egg
- Albumen** – clear portion often referred to as the egg white
- Makes up 2/3 of egg mass
- Contains more than half the protein and riboflavin.
- Coagulates between 144 and 149 degrees

Nutritional Value of Eggs:

Eggs contain vitamins A, D, E, K, and the B-complex vitamins. They are rich in minerals but also in cholesterol.

	Calories	Protein	Carbs	Fat	Sat Fat	Chol
Lg Egg	75	6.3g	0.6g	5g	1.6g	213mg
Yolk	59	2.8g	0.3g	5g	1.6g	213mg

Egg Sizes	Minimum Weight per Dozen
Jumbo	30 oz
Extra Large	27 oz
Large	24 oz
Medium	21 oz
Small	18 oz

Storing Eggs

Egg quality is quickly diminished by improper handling. Eggs will age quickly at warmer temperatures than 40 degrees. Store eggs away from strongly flavored foods to reduce odor absorption. Do not use dirty, cracked or broken eggs as they may contain bacteria or other