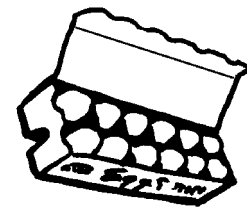


## Lesson One - Egg Cookery

Many girls have never cracked an egg. This is a good place to start cooking lessons since many recipes include eggs. Even when you use a cake mix, you need to crack some eggs. And the final product will be much nicer if there are no eggshells in the batter!



### In this lesson, the girls will learn to:

- Crack eggs
- Beat eggs
- Measure liquids
- Cook two basic egg recipes
- Write a simple breakfast menu
- Work safely in the kitchen

### Give each girl a copy of :

- Kitchen Safety Skill Page
- Before I Cook Eggs
- Scrambled Eggs & French Toast for Two Recipe

### Read and discuss “Before I Cook Eggs” and “Kitchen Safety”.

Show the girls how to safely operate the burners on your stove, and any other appliances you may be using in this lesson. Have them put these pages in their notebooks and bring their recipe to the kitchen.

The recipe was designed so the girls can work in pairs. Adjust the recipe, if necessary, to accommodate your group. Read through the recipe together, stopping to **demonstrate** the following:

**Crack an egg** into a small bowl, being careful not to get any bits of shell in the bowl. Pour it into a larger bowl. Crack each egg separately into the small bowl first, then pour it into the larger bowl. It's much easier to remove bits of eggshell from just one egg, than from the whole bowl full! Show the girls where to dispose of the shells.

Demonstrate **beating the eggs** with a whisk or fork. A **whisk** makes the job easier and incorporates more air into the eggs, making them light and fluffy. A hand mixer or rotary eggbeater can also be used.

To **measure liquids**, use a glass or plastic measuring cup that has clearly marked lines and a pouring spout. Put the measuring cup on the counter. Slowly pour the milk until it reaches the 1/4 Cup mark. Bend down and look closely at the measuring cup to be sure you've measured accurately. It may be difficult for the girls to pour the exact

amount from a heavy milk jug; put some milk into a small pitcher for the girls to use.

A medium-sized frying pan will work fine to **cook** the French Toast and then the eggs. A non-stick pan will be easier to use. If you do not use a non-stick pan, you may need to add a little oil between cooking the French Toast and the eggs. If you use an aerosol oil spray, do not spray it near an open flame (i.e. gas stove). Turn the burner off first.

Show the girls how to **safely operate your stove**, keeping apron strings, sleeves and long hair away from the burner! If you need additional cooking space for a larger group, use an electric frying pan or griddle, or have the girls take turns at the stove.

As the girls finish eating and cleaning up, ask them to use the back of their recipe page to write other foods they could serve with the eggs and French toast to complete a **breakfast menu**.

Add interest to the meal by selecting foods that are different in temperature, color and texture. For example, cold fruit salad, applesauce, or a bowl of berries would make a nutritious accompaniment. Ask each girl for her suggestions. Write several menus on a chalkboard or large sheet of paper so everyone can see.

### **What You'll Need for this Lesson:**

#### **Ingredients for each pair of girls:**

4 large eggs  
1/4 Cup milk  
2 slices of bread  
1 Tablespoon oil (or cooking oil spray)

#### **Supplies for each pair of girls:**

Measuring Spoons  
Measuring Cup for liquids  
Small Bowl  
Medium Mixing Bowl  
Whisk, Fork or Egg Beater  
Frying Pan  
Pancake Turner  
2 plates  
Paper Towels

#### **Set out on the table:**

Napkins  
Glasses or Cups  
Knives and Forks  
Milk or Juice  
Pancake Syrup  
Butter or Margarine  
Salt and Pepper

### *Sample Breakfast Menu*

*French Toast with Honey*

*Scrambled Eggs*

*Crisp Apple Slices*

*Milk*

**Tip:** If there's not enough room at the stove to accommodate everyone at once, plug in an electric frying pan or griddle nearby. Be sure to show the girls how to use it safely.

Name:

## *Before I Cook Eggs*

God created a wonderful food source when He made eggs! Eggs are the highest quality food protein known. They are rich in **vitamins and minerals**, and one of the few food sources of Vitamin D. Because eggs are a complete protein, they are included in the same food group as meat. They are a very inexpensive source of protein.



Used with permission, The Eggman

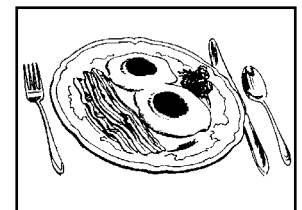
In the grocery store, you will find different **sizes** of eggs, varying from small to jumbo. Unless otherwise stated, most recipes for baked goods use **large** eggs. 5 large eggs = 1 Cup 4 X-large or jumbo eggs = 1 Cup

**Store** eggs in their cartons inside the refrigerator, not in the refrigerator door where temperature fluctuates every time the door is opened. Eggshells are porous; the carton helps keep the eggs from picking up odors in the refrigerator. Eggs will keep 4 to 5 weeks beyond their pack date. Stores vary on how they date eggs; check with the dairy manager.

Some people avoid eggs because of concerns about **cholesterol**. A large whole egg contains 213 mg. of cholesterol, all of which is found in the yolk. Cholesterol is a fat-like substance found in every cell in our bodies; it is essential for life. But, if we have too much cholesterol in our blood, the risk of heart disease increases. Fats in the diet, especially saturated fat, can raise blood cholesterol. If this is a problem, follow your doctor's advice.

**Egg whites** are fat- and cholesterol-free. Egg substitute products (which are mostly egg whites) are available in supermarkets. Or, you can mix one yolk with two or three egg whites to make scrambled eggs or egg salad.

Raw eggs may contain the bacteria **salmonella**, which can cause food poisoning. Thorough cooking kills salmonella. It is important to practice safe food handling habits in the kitchen. Anything that comes in contact with raw eggs - hands, dishes, countertop - must be washed with soap and hot water. Use paper towels to dry your hands and wash the countertop. Throw them out as soon as you finish.



Eggs are so versatile! Think of the many ways we cook eggs: scrambled, poached, fried, hard-cooked, soft-cooked and baked into custard, quiche, soufflés, and meringue. Look in a cookbook and see the variety of recipes featuring eggs. Ask your mother if you can try some of the recipes together or share them with your FCH group.

Information from:  
"Eggyclopedia", American  
Egg Board. Used with  
permission.

# Kitchen Safety

Cooking and baking are lots of fun! You'll be more successful if you follow these basic rules for safety and cleanliness.

## Whenever you cook:

- Wear a clean apron and make sure your clothes have no loose ties or other parts that could catch in a burner or the oven door.
- Brush your hair out of your face. If you have long hair, tie it back. No one likes hair in their food!
- Always wash your hands before you work in the kitchen.
- If you cough or sneeze, cover your mouth and turn your face away from the food. Wash your hands again.
- Ask permission before you use any appliance.



French chefs call this "mise en place" (meez eh plas). It means to put everything in place.

## Getting ready to cook:

- Read through the recipe carefully.
- Set out everything you will need: all ingredients and utensils.

## Using sharp utensils:

- Work on a cutting board.
- Cut or peel away from yourself.
- Be sure to wash the cutting board in hot soapy water after every use. It's best to have a separate cutting board for raw meat or fish, which may contain harmful bacteria.

## Keep food safe:

- Don't leave perishable foods out of the refrigerator more than 2 hours. Refrigerate leftovers promptly.
- Keep hot foods hot, and cold foods cold. Bacteria that can make you sick grow quickly when food is between 40-140 degrees.

## Before turning the oven on:

- Look inside and make sure it's empty.
- Place the oven racks in position for the items you'll be baking.
- Have oven mitts or hot pads ready.
- Know where to place the hot pans when they come out of the oven, or have an adult help. Cooling racks are very helpful.

## Be sure to clean up your workspace:

- Wash, dry and put away the dishes and utensils you used.
- Wash the counter with paper towels or a clean dishrag.
- Check the floor around your work area. Sweep, and wipe it with a paper towel if necessary.

Name:

## Scrambled Eggs and French Toast For Two

### Ingredients:

4 large eggs  
1/4 Cup milk  
Bread, 2 slices  
1 Tablespoon oil

### Method:

1. Crack an **egg** into a small bowl. Remove any pieces of eggshell, then pour the egg into the mixing bowl. If you are working with a partner, take turns cracking the eggs until all are in the mixing bowl.
2. Measure the **milk**, pouring slowly until it reaches the 1/4C line on the measuring cup. Add the milk to the eggs.
3. Beat the eggs and milk with a whisk or fork until well blended.
4. Spread the **oil** in the frying pan.
5. Dip both sides of the **bread** in the egg mixture. Cook on medium-high heat in the frying pan until both sides are browned. Use the pancake turner to carefully turn the bread.
6. Put one slice of French toast on each plate. Turn the heat down to medium. If necessary, add a little more **oil**.
7. Pour the **rest of the egg mixture** into the frying pan. As the eggs begin to set, gently draw the edge of the pancake turner across the bottom of the pan, moving the egg mixture around until all of it is cooked.
8. Put half the scrambled eggs on each plate next to the French toast. Eat and enjoy!

**Menu Ideas:** What else could you serve with the eggs and French Toast to make a complete breakfast? Don't forget a beverage! Write your ideas on the back.

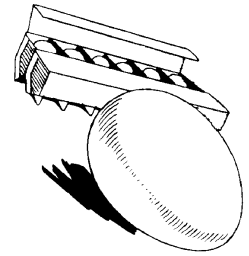
French Toast, or "Pain Perdu" (peh pear doo) in French, means "lost bread". Thrifty cooks long ago developed this recipe to use stale bread, which otherwise would have been lost or wasted.





## Extending the Lesson... "Egg-citing" Eggs!

Eggs are so versatile! You may want to try cooking them in different ways in future lessons. Or, if time permits, try some of the recipes below after you've finished the French Toast and Scrambled Eggs.



**Hard-Cooked Eggs** - Many people call these "hard-boiled" eggs, but boiling eggs causes them to become tough and rubbery. A grayish ring may form around the yolk. Although the discoloration is harmless, it is unsightly, especially if you're making deviled eggs.

Here's an easy way to properly make hard-cooked eggs: Place a single layer of eggs in a saucepan. Fill with water to cover the eggs. Bring the water just to the boiling point. Cover the pan, remove from the burner and let it stand 15 minutes. Empty the hot water and immediately fill the pan with ice water. When the eggs have cooled, remove them from the water and store in an egg carton or other covered container in the refrigerator for up to one week.

It can be difficult to **remove the shell** from hard-cooked eggs if the eggs are very fresh. If possible, use eggs that are 7 – 10 days old and the shell will come off much easier. Tap the egg all over, roll it gently between your hands to loosen the shell, and peel it under cold water.

To prepare **egg salad**, finely chop 2 hard-cooked eggs. Mashing the eggs slightly with a fork makes the job quick and easy! Add 1 T. sweet pickle relish, 2 T. finely chopped celery, and enough mayonnaise to make a creamy consistency. Salt to taste. Spread on bread, toast, English muffin, or fill a hollowed out tomato with egg salad.

**Deviled eggs** are simple to make. Cut 3 hard cooked eggs in half lengthwise; remove the yolks. In a bowl, combine the yolks with 2-3 t. of vinegar, 1-2 T. mayonnaise, and salt to taste. Mash or beat till creamy. The amount of vinegar and mayonnaise you use depends on how creamy and tart you like the filling. Some recipes add prepared mustard. Experiment and find the combination you enjoy. Stuff the egg whites with the yolk mixture and serve cold.

For an **attractive look**, put the yolk mixture into a decorator's bag and, using a large star tip, pipe the mixture into the egg whites. Garnish with bits of pimiento, green or black olive slices, or sprinkle the tops with chives or other herbs.

To make **soft-cooked eggs**, follow the same procedure as for hard-cooked, but let the eggs stand in the hot water for only 4-5 minutes. Place the eggs in ice water briefly to cool, then in an egg cup. Slice off the large end of the egg and eat it from the shell.

**Egg whites** are used in many recipes: Angel Food cake, Royal Icing, and meringues to name a few. Since egg whites and yolks may contain Salmonella, it is important to cook them. If the recipe uses raw eggs (e.g. Royal Icing is not cooked), use a pasteurized egg white product or powdered egg whites (found in the baking or dairy section of grocery stores and where cake decorating supplies are sold).

The girls will enjoy making and eating little **Meringue Cookies**. You can use an egg white product, but this is a good opportunity to demonstrate how to **separate eggs**. Many of us learned to crack the egg, then transfer the yolk back and forth between halves of the egg shell, allowing the white to drip down into a bowl. Try using an egg separator instead. This little device sits across a cup or bowl. Break the whole egg into it. The yolk remains in the top while the white flows into the cup below. Egg separators are available inexpensively in kitchenware stores. A funnel will also work: Set the funnel in a glass; crack the egg into the funnel. The white will flow into the glass. Whichever method you use, do not let even a little yolk get into the egg whites. They will not beat up stiff if there is any yolk or other fat in the bowl.

To make **Meringue Cookies**, preheat the oven to 225 degrees. Beat 3 egg whites at high speed with a mixer. Add 1/4 t. cream of tartar and continue beating. Add 3/4 C. sugar, two tablespoons at a time, beating constantly until the mixture stands in stiff peaks. Place spoonfuls on a cookie sheet lined with foil, or parchment or waxed paper. Do not grease the foil or paper. Bake for 1 1/2 hours. Turn the oven off and leave the meringues inside until cool, dry and crisp – at least another hour. These cookies are fat free. Eat and enjoy!

Use the cookie recipe to make **Meringue Nests**. Drop about 1/3 Cup of the egg white mixture onto the foil or paper. Use the back of a spoon to make an indentation in the center, like a little bowl or nest. Bake in the same way. When cool, fill with ice cream and top with strawberries or other fruit. A delicious treat, especially in summer!

Check your cookbooks for other egg recipes. Try an omelet, a frittata, quiche or a soufflé. Encourage the girls to look for egg recipes in cookbooks at home and bring them next time to share with the class.



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