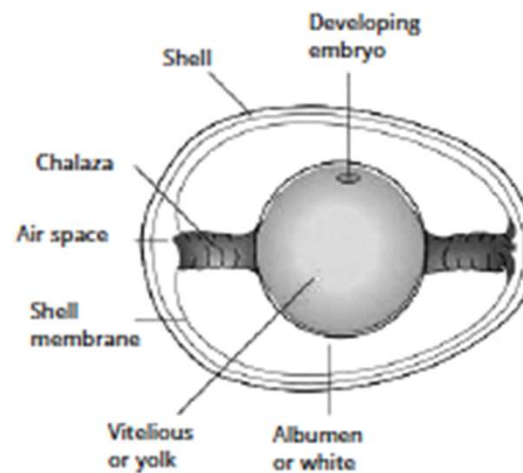


# Module 4 – Eggs

## STRUCTURE AND COMPOSITION OF EGGS

The egg is made up of:

- Shell;
- Egg white; and
- Egg yolk.

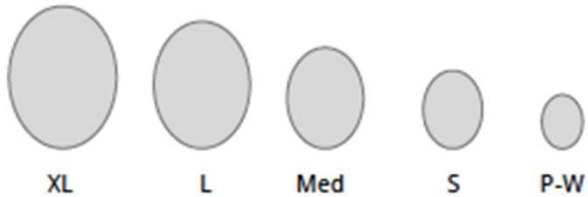


## Module 4 – Eggs (continued)

### GRADING AND QUALITY OF EGGS

Eggs are graded:

- According to mass;



- According to quality – Extra quality, Class A, Class B, and Class C.

## Module 4 – Eggs (continued)

### TERMS

- Denaturation – change in condition from the natural or original form: Takes place due to change in temperatures, change in pH, and salt.
- Coagulation – is the change of a fluid to an elastic, more solid state, because of the application of heat or mechanical stirring.

## Module 4 – Eggs (continued)

### FUNCTIONS OF EGGS IN THE PREPARATION OF FOOD

- Trapping air
- Thickening
- Emulsifying
- Coating
- Binding
- Glazing
- Enriching
- Garnishing
- Clarifying

## Module 4 – Eggs (continued)

### STORAGE

- Eggs must be stored in their packing trays blunt end upwards. Cover with the cardboard to prevent moisture loss.
- Store in a dry, cool place.
- Do not store close to strongly smelling foods.
- Eggs will normally stay in good condition when stored for 2-3 weeks.

## Module 4 – Eggs (continued)

### EFFECTS OF HEAT ON EGGS

- Protein coagulates;
- Protein shrinks;
- Carbonisation; and
- Colour changes.

## Module 4 – Eggs (continued)

### EGG FOAMS

Egg foam is obtained by beating eggs which coagulates the egg.

Foam is the suspension of air bubbles in a viscous liquid like egg white.

Types:

- Whole egg foam,
- Egg yolk foam, and
- Egg white foam.

## Module 4 – Eggs (continued)

### COOKING METHOD FOR EGG

- Poached
- Hard-boiled
- Boiled
- Soft-boiled
- In cocotte
- Scrambled
- Baked
- Fried
- Deep-fried
- Omelette



## Module 4 – Eggs (continued)

### CUSTARDS

Custard forms the base of many sauces and desserts. The main ingredients are egg, milk and flavouring. If it is a sweet custard, sugar is added.

There are two types of custard:

- The soft, pouring custard; and
- The gel-type baked custard.

## Module 4 – Eggs (continued)

### SOUFFLÉ

Soufflé means “blown” or “breath”. Soufflé is the same as puffy omelette. The only difference is that it has a starch-thickened base. To make a soufflé the eggs are separated and yellow is folded into the white sauce/custard sauce. The whites are beaten to soft peak stage and then added to the rest of the mixture.

## Module 4 – Eggs (continued)

### MERINGUE

There are two types:

- Soft meringue;
- Hard meringue.



## Module 4 – Eggs (continued)

### PRESERVATION OF EGGS

Processed eggs retain their cooking functions and nutritive values and ensure uniformity in the prepared food products.

Preservation methods:

- Pasteurisation;
- Freezing; and
- Drying.