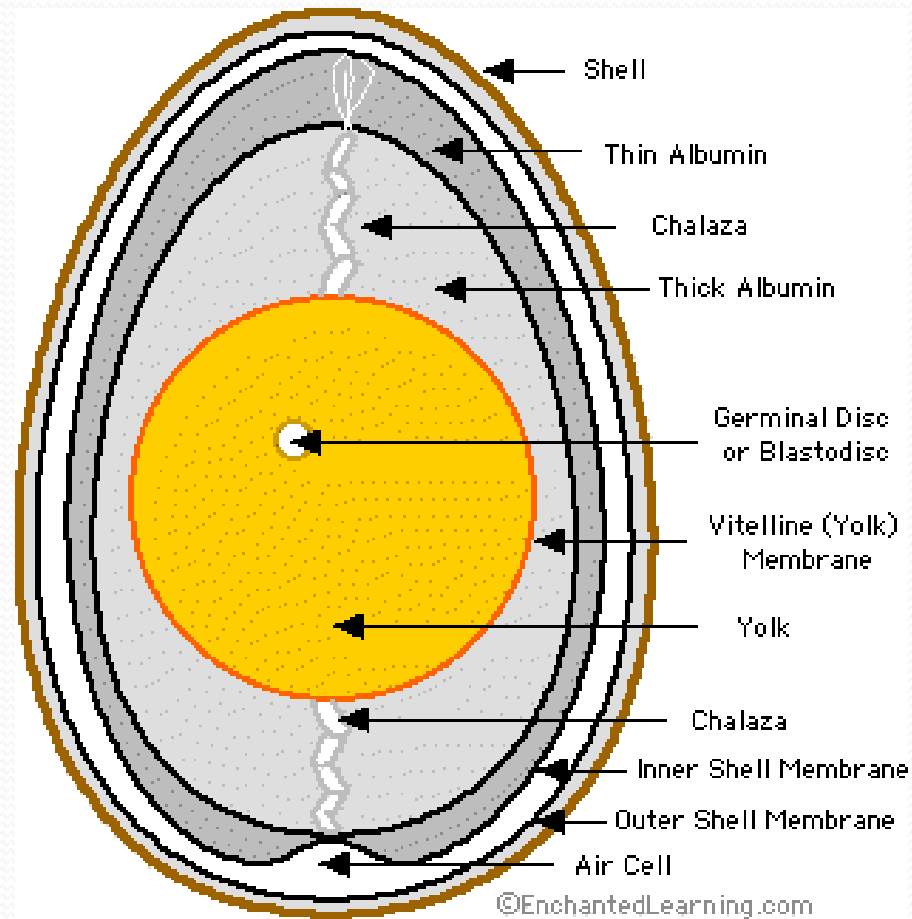




Egg Cookery

Anatomy of the Egg



Important Parts to Remember:

- Yolk:
 - Contains fat and cholesterol
- White (Albumen):
 - Fat and cholesterol free
- Chalazae:
 - Centers the yolk to prevent damage to the chicken

Grade AA

- White is firm.
- A lot of thick white around the yolk and a small amount of thin white.
- The yolk is round and stands up tall.



Grade A

- White is pretty firm.
- Good amount of thick white and a medium amount of thin white.
- Yolk is round and stands up tall.



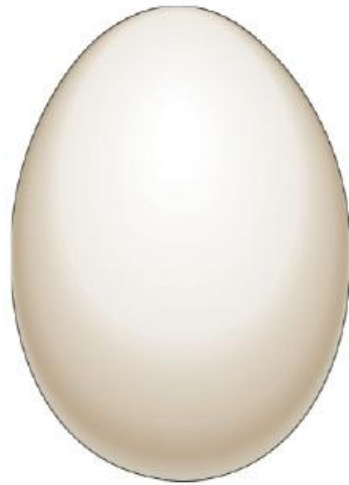
Grade B

- White is weak and watery.
- No thick white and the large amount of thin white is spread out in a thin layer.
- The yolk is large and flat.

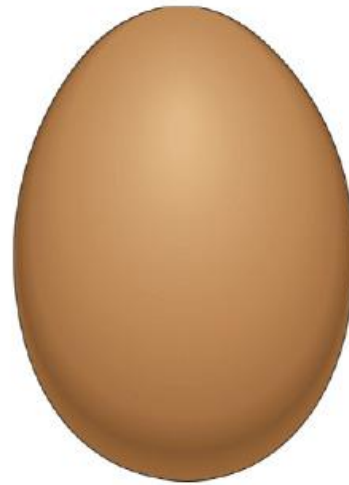


Size and Color

- Extra large, large, medium, small, peewee
- Color of shell and size of egg do not effect quality



white egg



brown egg

Omelet Cookery

- Can reduce fat/cholesterol by using only one yolk
- Fluffier eggs = Add 1 T of water per 2 eggs
- Don't raise the heat above medium
- Per Person:
 - 2 eggs
 - $\frac{1}{4}$ c cheese
 - 1 slice ham

