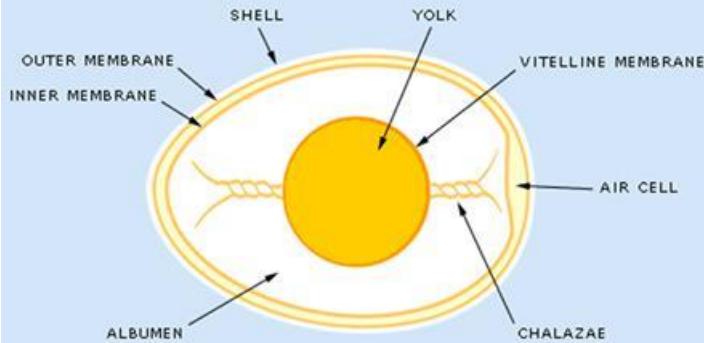




Anatomy of an Egg



Egg Production

Symbol	Name	Conditions
0	organic	Birds are fed only organic feed, animal welfare standards are applied
1	free range	Hens are let outside the barn during the day to enjoy most natural conditions possible
2	barn	Birds can move freely around the barn, but may have trimmed beaks to prevent them fighting between themselves
3	cage	Hens are kept in tight cages, without possibility of moving



Salmonella

- Treat every egg as if it is infected
- Salmonella food poisoning is a particular risk for young children, elderly people and pregnant women.
- Eggs need to be fully cooked before they are eaten by these groups
- Wash hands after touching raw eggs and put used shells in the bin



Garnish:

Eggs can be used to add garnish (decoration) to foods either poached or boiled and sliced.
Example: salad

Thickening:

Egg white coagulates (sets) at 60°C, the yolk sets at 70°C, so when these temperatures are reached they begin to set and thicken the mixture. Do not allow to exceed these temperatures of the mixture will set fully and curdle (scramble)
Example: custard

Emulsification:

Oil and water mixed together form an emulsion, but this will only last a short while then separate. The lecithin in egg yolks keeps the emulsion stable
Example: mayonnaise

Coagulation:

This is when the egg sets the mixture once it has exceeded 70°C.
Example: quiche filling

Enriching:

Adding richness and extra nutrition to foods
Example: rich shortcrust pastry

Trapping air:

The protein in the egg white stretches when beaten and traps air.
Example: cake making

Coating:

Foods can be brushed with egg then dipped in breadcrumbs. During cooking the egg coagulates (sets) and holds the product together.
Example: fish cakes

Glazing:

Before cooking foods can be brushed with beaten egg. During baking the egg glaze goes golden brown.
Example: pasties, sausage rolls

Binding:

The egg sets when cooked sticking other ingredients together
Example: burgers

Uses/functions of eggs in cooking

Key word	Definition
Aeration	Adding air to an egg to change the texture, colour and appearance
Coagulation	The setting of eggs due to adding heat e.g. scrambled egg
Salmonella	Pathogenic food poisoning linked to eating raw egg
Separate	To crack the egg and divide it into yolk and white
Whisking	The process by which you add air, this can be done by hand or by machine
Vulnerable	Those groups that are more likely to get food poisoning e.g. old, young, pregnant women



Red Lion Scheme is a quality mark which ensures that all hens were vaccinated against salmonella so the eggs are safe to eat.

Proteins have many functions in our bodies:

Functions

- Build enzymes and hormones
- Build cell membranes
- Repair and maintain tissues
- Defend the body (antibodies)
- Secondary source of energy