

For goodness sake

EGGS *are* essential

For tastier cooking!

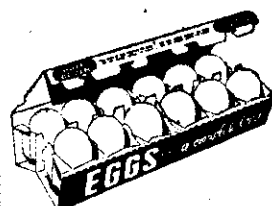
Anything baked with eggs tastes better. "Eggs are the cement that hold the castles of cookery together." They can be used in a greater variety of dishes than any other food. So economical too—no waste. Egg dishes are quick to cook, simple to serve, luscious, appetising, less trouble to clean up afterwards. Cakes are not cakes without eggs. Eggs give that delicate flavour, lightness, freshness and mouth-watering texture that bring praises from your family who suddenly discover a new, imaginative and versatile cook.



*Listen to Aunt Daisy's
talks on Eggs
every Friday morning*



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(N.Z.) EGG MARKETING AUTHORITY

ASK AUNT DAISY

Suggestions for Egg Dishes

OVER the past six months or so, we have been taught afresh about the food value of eggs, and we have come to realise that eggs are a necessity in our diet and not just an apologetic extra to be used when we haven't enough meat. We know that we must have a balanced diet—protein for growth and maintenance of the body, carbohydrates and fats for energy and warmth, minerals and vitamins.

Protein comes from a Greek word meaning pre-eminence, or to take first place. Not only does it promote growth, but unless an adequate supply is taken daily many troubles develop, such as lowered resistance to infectious and other diseases, even anaemia. Protein is supplied by meat, poultry, fish, milk, cheese and eggs. The protein of eggs, like that of meat, is known as a complete protein, that is, one which is capable of supporting growth and maintenance when it is the sole source of protein in the diet. Eggs also supply vitamins A, B1, B2 and D, as well as appreciable quantities of iron, calcium and phosphorus. They count just as much when used in custards, puddings, etc. Eggs are an excellent alternative for meat—two eggs equal an average serving of meat or fish.

Eggs for Breakfast

Bacon and eggs, scrambled, poached or boiled eggs, all the omelettes (such as those flavoured with left-over green peas or a little onion, parsley, chives and so on) are all obvious breakfast dishes, being easily and quickly prepared, easily digested, and containing the necessary nourishment to keep the family going till lunchtime. Talking of lunchtime, include in your cut lunch a hard-boiled egg with a little container of celery salt and bread and butter. Very good indeed, with a juicy apple to follow.

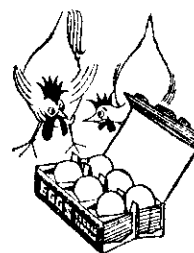
Cheese Souffle

This is a good dish; it should serve 5 or 6 people. Six eggs, separated, 1½ cups milk, ¼ cup butter, ¼ cup flour, a teaspoon salt, a speck of cayenne pepper, ½ lb. sliced process cheese. Melt the butter over low heat in a saucepan (or double boiler), add flour, stirring till smooth; then slowly stir in heated milk, salt and cayenne, and cook till smooth and thickened, stirring constantly. Next slice the cheese, thinly, right into the sauce, and stir till cheese is completely melted and the sauce velvety smooth. Remove from heat. Have the egg-yolks, well beaten, in a bowl, and pour a little of the cheese sauce into them while stirring; then slowly add the egg-yolk mixture to the rest of the cheese sauce in the saucepan, stirring constantly. Have the egg whites beaten stiff, and slowly add them to the cheese mixture, which should be cooled a little. Fold and cut them in gently until all egg white disappears. Pour into well-buttered deep dish, allowing for rising and bake in the middle of the oven, about 300 degrees (or moderate oven) for about 1¼ hours. The oven door should not be opened. Very good served with crisp bacon or mushroom sauce. Another idea is to have the stiffly-beaten egg whites in a big bowl and slowly add the cheese mixture to them, folding in lightly. Then transfer to baking dish. It should be delicate brown when cooked.

Apricot (or Peach) Souffle

One tin of apricots or peaches, 1½ oz. butter, 1 oz. flour, ½ pint milk, 1 oz.

caster sugar, 4 eggs, pinch of salt. Size of piedish 8 in. by 6½ in. inside rim measurements. Drain the syrup from the apricots, cut them in quarters and place closely together in the bottom of greased piedish. To make the custard mixture melt butter in saucepan. Add flour and cook for a minute, then add milk. Stir and bring to boil. Add beaten yolks and beat them well into the mixture. Whisk whites of eggs stiffly with the salt in a large bowl. Turn custard mixture into the bowl and stir the two together carefully. Transfer to piedish and bake 15 minutes. Serve immediately with arrow-root sauce made with apricot juice in place of milk.



Ham and Egg Custards (Individual)

Five eggs, separated, 2 tablespoons butter, melted, 1 cup milk, salt and pepper, 1 cup diced cooked ham or pork. Beat egg yolks well, add butter, milk, salt, pepper, and ham or pork. Beat thoroughly. Fold in beaten egg whites. Pour into custard cups, place in pan of hot water and bake in moderate oven 350 degrees until firm, 25 to 30 minutes. Serves 6.

Californian Omelette

Soak ½ cup breadcrumbs in ½ cup of milk for 15 minutes. Then season with pepper and salt. Separate the whites from the yolks of 4 eggs, and beat each well. Add the yolks to the bread and milk, and then lightly cut in the whites. Pour all into hot buttered pan, and cook on low flame till delicately brown and set. Can be finished in oven if liked. Fold and turn out on hot dish. To make more substantial have ready 1½ cups of good white sauce, with which any kinds of canned or left-over vegetables have been mixed. Before folding over the omelette, spread it with these creamed vegetables. Fold over and serve on hot dish. Asparagus is especially nice in this.

Asparagus Omelette

Make the Californian omelette, adding ½ cup tinned or cooked asparagus to the yolks. Finish as usual.

Egg Sauce

This is a very useful sauce, to serve with smoked fish or steamed fish, or small left-overs of chicken, rabbit, veal—any white meat. Just make a white sauce and to it add hard-boiled eggs cut into rings. Makes a somewhat meagre left-over dish into quite an attractive meal. Here is the sauce: Two tablespoons butter, 2 tablespoons flour (whole-meal if liked), 1¾ cups milk, pinch salt and pepper. Melt butter, stir in flour and seasoning, removing pan from heat as you do so. Then gradually stir in the milk, and continue stirring. Bring to the boil and cook till thick. To this may be added finely-chopped parsley, or chopped crayfish or grated cheese with a dash of mustard and a few drops Worcester sauce, as well as the sliced or chopped hard-boiled egg.

Chocolate Jelly Sponge

Dissolve 1 packet of jelly crystals (any flavour) in 1 breakfast cup of hot, but not boiling water. Beat 2 egg yolks till creamy, and mix well with ½ pint of milk and 1 dessertspoon cocoa. Heat

N.Z. LISTENER, AUGUST 24, 1956.