

EVER-USEFUL EGGS



COOKS speak truly of "the protean egg," for it can indeed assume "a variety of guises," plain, savoury or sweet, but always beneficial and nourishing. Besides their considerable protein value, eggs supply minerals (iron, calcium and phosphorus), and several vitamins. Over and above their use in cakes, custards and puddings, they have innumerable uses in main dishes, in conjunction with meat, poultry or fish; and omelets can be varied almost indefinitely by the addition of cheese, mushrooms, asparagus, tinned fish and so on. Then think of the variety of souffles, besides the ordinary and popular fried or poached eggs on steak, or on toast spread with mince, etc.

Eggs are very perishable and must be kept cold. There is no difference in food value or flavour between brown-shell eggs and white ones. The white of the egg is most digestible if the water, or milk, in which it is poached or boiled is allowed only to simmer and not boil fast.

Fried Eggs

The secret of good fried eggs lies in a heavy frying pan, low heat, and only sufficient butter or fat to barely cover the pan. Break the egg into a saucer and slide it into the hot fat, cook slowly over low heat. Sprinkle with pepper while frying, and a very little salt. A peeled clove of garlic rubbed over the pan before heating it, gives a faint flavour. Serve on bacon, or on toast either plain or covered with creamed meat (that is, minced ham or any left-over meat heated in white sauce flavoured with minced onion), or on a thin slice of veal cutlet; or as a fried egg platter: that is, place each fried egg on a neat piece of toast, with a couple of slices of fried or grilled bacon on one side and a fried sausage on the other, the sausage being placed on slices of fried apple. Very fine indeed.

Chinese Omelet

Four tablespoons butter or margarine, $\frac{1}{2}$ teaspoon sugar, $1\frac{1}{2}$ cups chopped raw onion, 1 teaspoon salt, $\frac{1}{4}$ teaspoon pepper, 1 tablespoon flour, $1\frac{1}{2}$ cups chopped cooked chicken, pork or veal, 4 eggs. Melt the butter or margarine. Add the sugar and, when melted, add the onion. Cook until yellowed and tender, stirring often. Add the salt, pepper and flour. When well mixed, add the meat (or chopped canned or cooked crab meat). Beat the eggs light. Combine with the hot onion mixture and drop by generous tablespoons into a heavy, heated frying pan containing enough melted butter or margarine to barely cover the bottom. Fry first on one side, then on the other, like pancakes, and serve very hot.

Souffle

Three tablespoons flour, 2 tablespoons butter or good cooking fat, 1 cup milk, pepper and

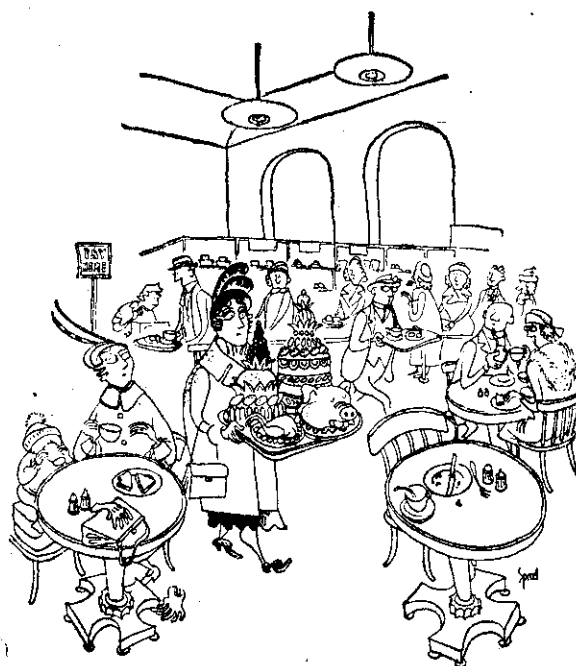
salt, 3 or 4 eggs, 1 cup (left-over) minced ham or fowl, or other meat, or mashed or chopped vegetables (carrot, cauliflower, kumara, mushrooms, parsnips, etc.), or grated cheese. Melt the butter in saucepan, stir in flour and make into smooth paste; add milk gradually and stir until mixture thickens, add the salt. Remove from heat and stir in well-beaten egg yolks and the minced meat or cheese. Then lightly fold in the stiffly-beaten whites. Turn into greased baking dish and bake 50-60 minutes in medium heat (350 degrees or regulo 4). Serve immediately in dish in which it is baked.

Scotch Eggs

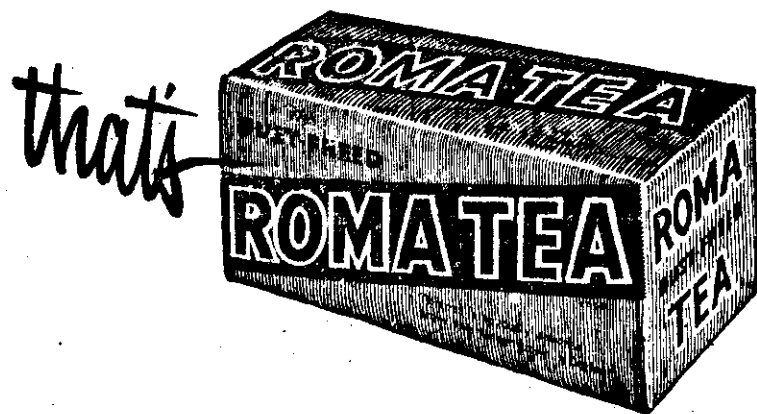
Hard-boil as many eggs as you require by putting them on in cold water, bringing to the boil, and then steadily simmering (not boiling hard) for about 20 minutes. Put them into a bowl of cold water to get cold right through. Then shell them. Skin a pound of pork sausages (or buy sausage meat), and mash it smooth with a fork. Then take one egg at a time with floured hands and cover it thickly and smoothly with sausage meat. Dip each in beaten egg, and roll in breadcrumbs, or crushed cornflakes or wheatflakes. Some people like to do this twice, to make a thicker covering of egg and crumbs or flakes. Fry in deep smoking-hot fat to a nice golden brown, turning now and then. Nice hot with jacket potatoes and a green vegetable; also excellent if allowed to get cold, cut in halves, and served with lettuce salad and mayonnaise. A very nice supper dish.

Eggs and Smoked Fish

Simmer smoked fish in milk, till soft and tender, after skinning, and soaking if too salt. Flake it up and arrange in servings in individual dishes; or in separate heaps in oven dish. Break an egg carefully on each heap, and bake in hot oven till egg is set, about 10 minutes. A little of the milk the fish was cooked in may be poured into dish, and be used to baste the egg with. The fish



(C) Puck



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