

A fresh egg is...



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Eggy hints & tips

Freeze the whites

You can freeze raw egg whites. They will not give you the volume that a fresh egg white will, but they are perfectly fine for baked dishes or in an omelette.

Cook the whites

If you have left-over whites, bring some water to a boil and add a splash of white vinegar. Slip the whites, one at a time, into the simmering water and cook until firm. Drain and pat dry. Chop and use as nutritious garnish for salad, asparagus or soup.

Keep the whites

Left over egg white can be kept in an airtight container for up to ten days.

Keep the yolks

Left over egg yolk can be kept in the fridge for three days if covered with a little bit of water, milk or oil.

Separated

Crack egg into a saucer. Turn an egg cup upside-down over the yolk. Tip the white into a bowl.

Stored

Eggs should preferably be stored in a fridge with their sharp ends pointing downwards. To reach room temperature they should be removed from the fridge about 20 minutes before use or placed in warm water for ten minutes.

Shell be it

Fresh eggs could be hard to shell when they've been boiled because the whites are high in acid, making them adhere to the shell. Acidity decreases over time, loosening its grip on the shell. Rather use older eggs to boil.

Green piece

Hard-boiled egg yolks turn green or grey-blue from a combination of iron and sulphur that occurs when exposed to heat. Avoid green bits in your salad by cracking the egg shells when just cooked, and immediately plunging the eggs into ice cold water before shelling them.

Boiled treat

Keep hard boiled eggs in the fridge for those in between meals, snacks or salads. To distinguish them from raw eggs, crack the shells.

Boiled check

To determine whether an egg is raw or cooked roll it on a table. If it stops immediately it is raw. A cooked egg will keep on rolling.

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Centre yolk

When boiling eggs as a garnish or for stuffed eggs, turn them regularly while boiling to ensure that the yolk sets exactly in the middle.

Whipped white 1

To thicken cream and to reduce the fat content, beat an egg white until soft peaks. In a separate bowl, whip the cream until stiff then gently mix together.

Whipped white 2

Whipped cream can be replaced by cutting banana in thin slices and whipping it with egg white until the banana is mashed and the egg white stiff. Use immediately.

Egg glaze

To ensure a golden colour when baking pastry, scones or bread, lightly beat an egg white with a small amount of water or milk and brush over the top before placing in the oven.

Mayo fix

When homemade mayonnaise curdles mix an egg yolk and 5ml lemon juice in a separate clean bowl and slowly whip into the curdled mayonnaise.

Draining tip

To drain a fried or poached egg, leave it on a spatula on paper towel before serving.

