

An Eggs-traordinary Multi-Tasker

PART 1: Beyond their nutritional power, the special properties of eggs make them an essential recipe ingredient that is often key to the flavor, texture, or appearance of dishes. From appetizers, to entrées, to desserts, eggs are the ultimate multi-taskers!

Crack the Egg Scrambles below to reveal the different functions, or culinary roles, that eggs play in food preparation. Then write the number of the function in the blank next to its definition.



Egg Culinary Roles

1. ricalyf _____ f ____
2. lezga ___ l _____
3. nekciht _____ e ____
4. taoc ___ a ____
5. fuismely e _____
6. naevle ___ a _____
7. nbid ___ n ____
8. prenvetsyctzilatoainl p _____
 ___ r _____ t _____
9. lrcoo ___ l _____
10. sigranh g _____

Egg Function Definition

- ___ A. To thicken and hold ingredients together
- ___ B. To inhibit formation of ice in creamy, frozen desserts
- ___ C. To cover and adhere crumbly mixtures to foods when they are heated
- ___ D. To evenly disperse globules of liquids that otherwise would not mix
- ___ E. To add richness of color
- ___ F. To decorate or embellish a prepared food or drink
- ___ G. To create a shinier food surface
- ___ H. To provide firmness to foods
- ___ I. To cause a cooked food to rise
- ___ J. To make broth clear

PART 2: Use what you've learned about the egg—the ultimate multi-tasker—to identify the culinary role that eggs play in the preparation of the following dishes. In the blank after the menu item, write the number of the role or function listed above that applies to this item. (Remember that eggs sometimes serve more than one function.) You can find many of these featured recipes at incredibleegg.org.



Eggs on The Menu

Breakfast Favorites

1. Silver Dollar Corn Pancakes ____
2. Bacon-Cheddar Breakfast Muffins ____
3. PB and Crunchy French Toast ____

Appetizers

1. Muffin Frittatas ____
2. Beef Consomme ____
3. Tomato and Avocado Egg Salad ____, ____

Main Course

1. Seafood Souffle ____
2. Turkey Meatloaf ____

Flavorful Sauces

1. Hollandaise ____
2. Mayonnaise ____

Desserts

1. Angel Food Cake ____
2. Mini Lemon Meringue Pie ____, ____, ____
3. Apple Custard Pie ____, ____
4. Vanilla Frozen Custard Ice Cream ____, ____