

# The Incredible Egg



- The science of how it works:  
The egg white helps trap air allowing the baked good to rise and be light and fluffy.
- Examples:

Popovers, Angel Food Cake, Lemon Pound Cake

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- The science of how it works:  
The Egg proteins coagulate and help bond the structure together. This enables the food to stick together and not fall apart.
- Examples:

Meatballs, Apple-Raisin Bread Pudding, Pie Crust

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- The science of how it works:  
As egg proteins start to denature, they form a gel which thickens the food.
- Examples:

Vanilla Pudding, Basic Baked Egg Custard

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- The science of how it works:  
Since the egg white and yolk are thicker than water and other liquids, egg helps flour, seasonings, or bread crumbs stick to food.
- Examples:

Zucchini Fries, Deep Fried Chicken, Coconut Shrimp

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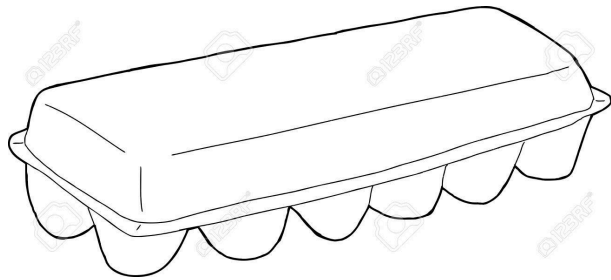
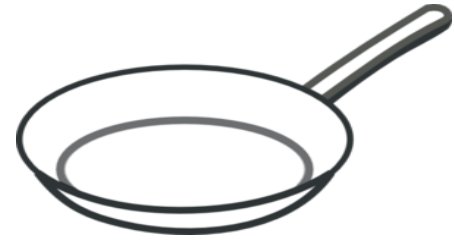
- The science of how it works:  
The egg yolk helps form a stable product by not allowing the water and oil to separate.
- Examples:

Mayonnaise

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What are different ways we can cook eggs?

*hard cooked, soft cooked, scrambled, fried or poached.*



How are eggs properly stored?

*In the original container in the refrigerator.*

What toughens eggs in the cooking process?

*High heat or long exposure to heat. Eggs should be cooked low and slow.*

Why should eggs and egg products be fully cooked before eating?

*To avoid risk of the foodborne illness, salmonella.*

