Culinary Institute of America

TECHNIQUE OF THE QUARTER: EGG COOKERY

Legend has it that the folds on a chef's hat represent the many ways he or she can prepare eggs.

Egg cookery includes a variety of preparation techniques: eggs boiled in the shell, baked eggs, poached eggs, fried eggs, scrambled eggs, three styles of omelets, and sou□és.

BOILED EGGS

The word "boiling," although commonly used, does not correctly explain the technique; "simmering" is more accurate. These egg dishes run the gamut from coddled eggs to hard-boiled eggs. You may see the term "hard-cooked" instead of hard-boiled. In addition to their role in breakfast menus, boiled eggs are used in a number of other preparations. They may be served as cold hors d'oeuvre or canapés, salads, and garnishes.

Selection of Equipment

- pot large enough to hold eggs and water to cover by at least 2 inches
- ice bath to cool eggs after cooking, if necessary
- colander
- containers for holding cooked eggs or heated plates for service

Selection of Ingredients

- whole fresh shell eggs
- water

Technique

1. Place the eggs in a sufficient amount of water to completely submerge them.

- For coddled, soft-, or medium-cooked eggs, bring the water to a simmer □rst.
- Hard-cooked eggs may start in either boiling or cold water.

2. Bring (or return) the water to a simmer.

- Water at or close to a simmer cooks eggs evenly without toughening the whites.
- The proper cooking temperature produces eggs with a good consistency and texture.
- A rapid boil can crack the eggshells.

3. Start timing the cooking once the water has returned to a simmer.

- For example, a 3-minute egg cooks for 3 minutes once the water has returned to a simmer after the egg has been added to the water.

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Selection of Equipment

- ramekins, sou□é or gratin dishes
- deep baking sheet or pan for a bain marie
- brush to spread butter

Selection of Ingredients

- whole eggs in the shell (because the egg's appearance is important, the egg must be fresh; the fresher the egg, the less likely the yolk is to break).
- butter
- salt
- pepper
- other garnish or □nishing ingredients

Technique

1. Prepare and fill the ramekins

- Warm the ramekins before you □ll them; this reduces overall baking time.
- Butter the baking dish generously.
- Add any additional ingredients in an even layer.
- Add the eggs.

2. Bake the eggs in a bain-marie, if desire, until the whites are set and milky in appearance.

Determining Doneness

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POACHED EGGS

Poached eggs are the foundation of such popular breakfast and brunch dishes as Eggs Benedict. They can be served on top of hash, in baked potatoes, on croutons or toasted bread, or on their own, with or without a sauce.

Poached eggs o□er the busy kitchen an opportunity to do some advance preparation to ease the workload during service.

Eggs that have been poached (but left slightly underdone) can be trimmed, held in cold water, and then reheated in simmering water.

Selection of Equipment

- Wide, relatively deep pot
- a slotted spoon, skimmer, or spider
- cup to hold shelled eggs
- absorbent toweling
- small knife or scissors to trim edges (optional)

Selection of Ingredients

The fresher the egg, the more centered the yolk will be and the less likely the white is to spread and become ragged during cooking. A small amount of acid (vinegar) keeps the egg whites from spreading for attractive, regular shape.

- Eggs
- Water
- Salt
- Acid (typically white vinegar)

Technique

1. Bring water to a simmer.

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4. Serve the poached eggs.

- Serve poached eggs when they are very hot.
- Be sure that all accompaniments, sauces, and garnishes are at the correct temperaturefor service.
- Serve on heated plates.

Determining Doneness

A poached egg should be ver6 be v3ng mining4Aknv3ng mi[D.xtᵀΩm[Aknv3nhD.xtᵀΩma5c /SpaB0 2 T3.3601 Tm(4. Serve the poached

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FRIED EGGS

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SCRAMBLED EGGS

Scrambled eggs are among the most popular of breakfast dishes. Eggs are taken from the shell, mixed until blended, and then stirred over moderate heat until they set into soft curds. It is essential that scrambled eggs be served while they are very hot, fresh, and moist.

Selection of Equipment

- sauté pan or griddle
- bowl and fork or whip for mixing
- heated plates for service

Selection of Ingredients

- whole eggs
- salt and pepper
- cream, milk, stock, or water (optional)
- additional garnishes and accompaniments as required

Technique

1. Blend the eggs just until the yolks and whites are combined.

- Use a whip to blend them into a homogeneous mixture, but do not whip in too much air.
- Add a small amount of cream, milk, stock, or water to the beaten eggs for additional lightness and moisture; use no more than 1 teaspoon additional liquid for each egg.
- Add salt, pepper, and other flavoring ingredients, such as fresh herbs or ground spices, if appropriate.

2. Heat the pan or griddle and the cooking fat over moderate heat before adding the eggs.

- Stir and scrape the eggs as they cook to release them from the pan's bottom and sides for a creamy texture and small curds.
- Eggs should not become browned.
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OMELETS

A perfect omelet softly set and bright yellow, is one of the traditional tests of a chef's skill, requiring an ability to control heat properly as you cook eggs. They also require dexterity as you keep the eggs in motion throughout cooking time. Once the basic omelet is mastered, it can be varied to include garnishes such as the ham shown here that is cooked along with the eggs, and □llings such as cheese, mushrooms, or sautéed vegetables that are rolled into the omelet once it is properly set. You can also serve omelets with a sauce.

There are three basic omelet styles.

- The rolled, or French-style, omelet has been described by Auguste Esco□er as "really a special type of scrambled egg enclosed in an envelope of coagulated egg."
- Flat omelets, known variously as farmer-style omelets, frittatas (Italian), or tortillas (Spanish), are a baked version.
- Sou□éed or pu□y omelets are baked; they are similar in texture to sou□és.

ROLLED OMELETS

The rolled omelet is probably the style of omelet that comes to mind □rst. The eggs are blended and then cooked over moderate heat until set then rolled into an oval; they often include a □lling. Rolled omelets are most commonly made to order in individual portions. In fact, many breakfast and brunch bu□ets have cooks stationed on the line to prepare omelets.

Selection of Equipment

- omelet pan (blue steel or nonstick), sauté pan or griddle
- bowl and fork or whip for mixing
- heated plates for service

Selection of Ingredients

- whole eggs
- salt and pepper
- cream, milk, stock, or water (optional)
- additional garnishes and □llings as required

Technique

1. Blend the eggs until the whites and yolks form a homogeneous mixture, as for scrambled eggs.

- Pour or ladle an appropriate amount of the egg mixture into a properly heated and oiled omelet pan.
- Omelets are cooked over moderate heat: just high enough to assure that the eggs begin to set almost

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2. Cook the eggs until soft curds begin to form and then spread the eggs in an even layer.

- Continue to cook without stirring for a few seconds, so that a smooth skin can form.
- Add any filling at this point.
- The filling should be properly cooked and at the correct temperature to avoid cooling the omelet.
- Cheeses will melt sufficiently from the eggs' heat.
- The filling may be placed on the omelet before it is rolled, or the omelet may be slit and filled after it has been rolled.

3. Roll the omelet out of the pan, completely encasing any filling, directly onto a heated plate.

Determining Doneness

A rolled omelet should be golden-yellow with a creamy, moist interior.

Filling, if any, should be very hot.

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SOUFFLÉED OR PUFFY OMELETS

Like a sou□é, these omelets have a light, □u□y texture that is achieved by incorporating the eggs, then whipping the whites to soft peaks. The yolks and whites are folded together and the omelet is baked until pu□ed.

Selection of Equipment

- For individual portions, use small sauté or omelet pans.
- For the multi-serving □at omelets, use large skillets or hotel pans.
- Containers to hold separated eggs (as well as whites that have bits of yolk; these whites can be reserved for another use)
- Clean bowl and whip to beat egg whites
- Large bowl to fold together the yolks and whites
- Spatula (rubber scraper) to fold together yolks and whites

Selection of Ingredients

- Separate the eggs and blend the yolks until they are smooth.
- Add seasonings or garnish ingredients (for example, cooked, chopped spinach or grated cheese) to the yolks.
- Whip the egg whites to a soft peak and fold them into the yolks.

Technique

1. Thoroughly heat a buttered or oiled skillet or hotel pan over moderate heat. Preheat the oven.

- Add the egg mixture and cook it on the stovetop until the edges and the bottom are set.
- Regulate the heat carefully to avoid browning the bottom of the eggs.

2. Place the skillet or pan in a hot oven to complete the cooking.

- Cooking time varies according to the size and depth of the skillet and the recipe's yield.
- When properly cooked, a skewer inserted into its center comes away clean.
- Serve at once.

Determining Doneness

Flavorful and well seasoned.

Very hot and pu□y.

A light, evenly moist, and tender texture.

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QUICHE

A quiche is a savory custard baked in a crust. A variety of ingredients can be added to the custard filling, such as cheese, bacon, seafood, spinach, or herbs.

Selection of Equipment

- oven
- pie pan
- bowls and whips for mixing custard
- heated plates for service

Selection of Ingredients

- pie crust, baked blind
- custard (cream, or a mixture of cream and milk)
- seasonings
- garnish ingredients as required

Technique

1. Preheat the oven.

2. Blend the eggs with milk or cream to make a smooth mixture.

- The usual ratio for a quiche is 6 to 8 eggs for each quart of liquid.
- Add appropriate seasonings and garnish ingredients to the egg mixture.

3. Fill the crust

- Add the garnish ingredients to the prepared crust in an even layer.
- Pour the egg mixture over the garnish ingredients.
- Set the filled pans on baking sheets to make it easier to get them in and out of the oven without spilling.

4. Bake the quiche in a moderate oven until the custard is set.

- Insert a knife tip or skewer near the quiche's center; it should come away clean.

5. Let the quiche rest for a few moments before cutting and serving it.

- If the quiche is cut too soon after coming from the oven, the slices will not hold their shape.
- Quiche can be served hot or warm.
- It may also be prepared in advance, cooled and refrigerated, and then briefly reheated in a microwave or conventional oven prior to service.

Determining Doneness

Custard set, but still soft

No deep cracks in the surface of the quiche

Crust golden and flaky, fully baked

Properly seasoned

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SOUFFLÉS

Sou□és require careful technique and timing. A typical individual sou□é takes about 18 minutes to bake, a timeframe that

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5. Fill the prepared molds quickly.

- Fill individual molds to within 1/4 inch of the mold's top.
- Wipe the rims and outside of the mold clean.

6. Place the soufflés immediately in a hot oven and bake until done..

- For even cooking and a good rise, place the molds on a sheet pan with a little water.
- Do not disturb the sou□és as they bake.
- The oven's temperature will drop if you open the oven door.
- Banging the oven door might cause sou□és to fall.
- Check individual savory and dessert sou□és made with a béchamel or pastry cream base after 16 to 18 minutes.

7. Serve the soufflé immediately.

- Place the sou□é on a dish with an underliner, so it does not slide.
- The server should be standing by with a tray, underliner plates, and the sauce, ready to serve the sou□és as soon as they come from the oven.

Determining Doneness

Sou□é rises well above the rim of the mold

The top is level.

Sou□é is very hot, moist, and very light in texture.

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