

EGGS

Most of the eggs we consume come from Hens. We can also get eggs from: ducks, geese and quail.



Egg Sizes

Very Large = 73g +

Large = 63g +

Medium = 53g +

Small = < 53g



Consuming Eggs on their own

Eggs are a quick to cook food which are highly nutritious. They can be cooked in the following ways

- Scrambled
- Poached
- Baked
- Boiled
- Mixed to make an omelette
- Fried

Nutritional content of Eggs

Eggs are highly nutritious and a healthy food source. They contain most of the required nutrients including:

- Protein
- Fat
- Vitamins B, A, D, E
- Iodine
- Phosphorus
- Calcium
- Iron

Information on an Egg

- The farm code—for tractability purposes
 - The Lion Mark—to show the hens have been vaccinated
 - Country of Origin—UK
 - Best Before date
 - Farming Method
- 0 = Organic
1= Free Range
2 = Barn
3= Caged



Egg Farming Methods

Caged/Battery

Hens are kept indoors in cages. Light, food and temperature are all controlled to maximise egg laying. This is the cheapest method of egg production



Barn

Hens are kept indoors but are free to move about. The light and feed are controlled. The hens have access to perches and are able to express some natural habits.

Free Range

Hens are allowed to roam in the open air, they are kept in hen houses at night. They are able to forage for natural foods and express all of their natural habits. This is an expensive method of egg production

- **Syneresis** is the over-coagulation of the egg protein during cooking causing the liquid to separate. The mixture resembles curds and whey.
- **Curdling** is the over-coagulation of the egg protein during beating or whisking, which causes the liquid to separate.

Purchasing Eggs

When purchasing eggs always look for the following quality points:

- No dirt or 'poo'
- No cracks
- Check the date stamp
- They should have the 'Lion Mark'
- The 'sharp' end pointed down in the box



Other uses for

Eggs in cooking

Coating: Eggs can be used to coat foods before being coating in breadcrumbs

Garnishing: Eggs used to garnish dishes such as Salade niçoise,



Aeration: Egg whites whisked to stretch protein and capture air such as a meringue

Glazing: Egg brushed on pastry before cooking to add a glaze

Emulsification: Egg used to hold 2 liquids together such as in mayonnaise

Binding: Egg used in a burger mix to hold the ingredients together during cooking

Thickener: Eggs used to thicken sauces such as a custard. This process is called COAGULATION



British Lion Mark

The lion mark is a quality assurance mark that shows that the eggs have been produced to a high standard and a strict code of conduct has been adhered to. It also means that the hens have been vaccinated against salmonella

