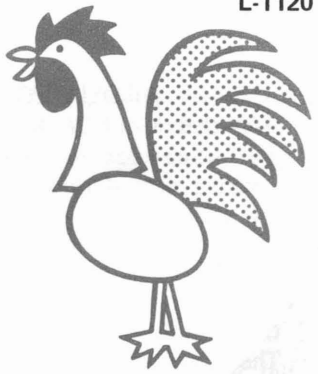


About Eggs...



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FRYING

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Texas Agricultural Extension Service
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ABOUT EGGS — FRYING

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More eggs are eaten fried than by any other cooking method. However, modern recipe books offer few variations using fried eggs, the egg-eating public has to choose between fried eggs “sunny side up” and “over”.

But cookbooks containing recipes developed by the world's greatest chefs, give a different story. There you will find scores of recipes using fried eggs. They may be deep fried and then mounded or arranged in a crown (the center filled with deep fried vegetables) and masked with a variety of elaborately prepared sauces. Or an egg first may be poached, then coated with a special compound sauce, dipped with egg, rolled in crumbs and deep fried.

Great chefs of the past did not have freezers full of choice meats upon which to draw when royal patrons and guests had to be served. Main dishes which were a tribute to a chef's ingenuity sometimes had to be created to feed the patron as well as to impress him or tempt his fickle palate.

Necessity has been the mother of recipe invention in modern times, too. Method 2, called “butter poached”, was devised by an industry home economist during wartime when eggs were plentiful and fats were rationed.

Properly cooked, fried eggs are tender and delectable. Whatever method of cooking is used, the egg white coagulates at 140 degrees F. and the yolk at 149 degrees F. If cooked at too high a temperature or if a low temperature is prolonged unduly, the egg white will be dry and rubbery. In frying eggs, carefully control the temperature of the fat and of the pan. If the underside of a fried egg is brown and the edges crisp and frilled, the pan and the fat were too hot. Excess fat may result in a greasy, unappetizing product.

Cookbooks give three methods of frying eggs, the third method that of deep fat frying. With the temperature of the fat carefully kept at 360 degrees F., the method is similar to poaching, with fat as the liquid. For properly poached eggs, the temperature of the water must remain at simmering temperature (about 185 degrees F.) to prevent overcooking of the

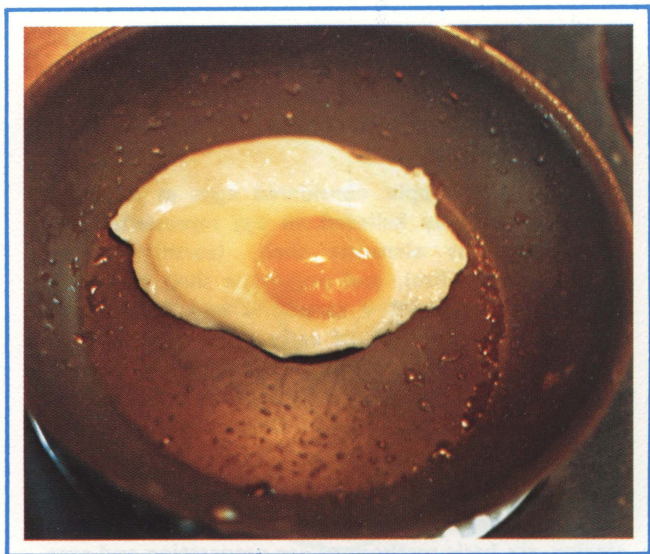
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egg protein. Thus it is obvious what 360 degrees F. fat can do to the egg white, although the cooking time is shortened.

HOW TO FRY EGGS

Equipment and ingredients:

- Cooking fat - bacon drippings, butter or cooking oil
- Skillet, with cover, big enough for number of eggs you wish to cook at one time.
- A small saucedish or pyrex custard cup
- Pancake turner
- Water
- For one serving, two high-quality eggs



A fried egg should always be cooked slowly and at low heat. This sunny-side-up egg is nearing completion. Note the envelope of thick up-standing white which signifies freshness.

- Use only clean, sound eggs, Grade Fresh Fancy, AA or A for fried eggs.

- Use just enough fat to prevent eggs from sticking to pan and to provide flavor.

- When eggs are slipped into the skillet, it should be hot enough to set the egg but not hot enough to toughen the egg white or to burn the fat. Reduce heat immediately to finish the cooking at a low temperature.

- Adding water before covering pan (method 2) provides steam which cooks the top surface of the egg, helps prevent toughening of the edges of the egg and reduces the amount of fat necessary.

Method 1

1. Heat 1 to 2 tablespoons of fat in a skillet until it is hot enough to sizzle a drop of water. For a very large skillet, use more fat.

2. Break eggs, one at a time, into saucedish and then slip into skillet.

3. Reduce heat immediately.

4. Cook slowly to desired doneness, basting eggs with fat or turning to cook on both sides.

Method 2 (Butter-Poached)

1. Use just enough fat to grease skillet. Heat skillet until hot enough to sizzle a drop of water.

2. Break eggs, one at a time, into saucedish and then slip into skillet.

3. Reduce heat immediately.

4. Cook over low heat until edges turn white, about 1 minute.

5. Add $\frac{1}{2}$ teaspoon water for one egg, decreasing proportion slightly for each additional egg being fried.

6. Cover skillet tightly, to hold in steam, which bastes the eggs.

7. Cook to desired doneness.

Other Ideas

- Cooking eggs in a non-stick pan without fat may not be frying by definition but achieves similar results except that the true egg flavor is not masked by the flavor of the fat.

- Pan-frying, sauteing and frying are terms used interchangeably when referring to cooking foods in a small amount of fat.

- For fried-egg sandwiches, break the yolks just before turning them and cook until yolk is firm. Some people prefer their normal fried eggs this way, since the yolk can be cooked thoroughly without overcooking the white.

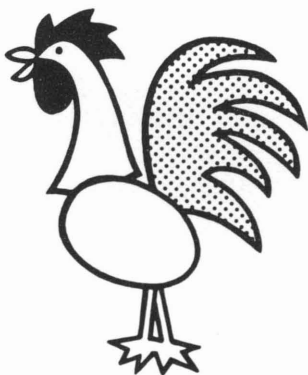
- If you have a set of muffin rings, oil them lightly, arrange rings in the skillet and slip an egg into

each. Then each fried egg will be roundly shaped. If a smooth round egg is important to the appearance of a dish, you may want to trim fried eggs, using a cookie cutter of the proper size.

THINGS TO REMEMBER

- Properly cooked fried eggs can be as tender and delicate as eggs cooked by any other method.

- Fried eggs should never be overcooked, but runny yolks can be avoided if you prefer a greater degree of doneness. If family members' tastes differ, serve fried eggs "sunny side up" to those who prefer them; "over" to those who like them firm.



ACKNOWLEDGMENTS

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This leaflet and all in a series of nine were adapted from "Eggs - Basic Information for Young Homemakers," American Egg Board, and other sources.

Kitchen and facilities of the Medallion Room, Bryan Utilities, were used for photographic work by permission of Mrs. Willie Belle Bogard, home service director.

Extension foods and nutrition specialists reviewed this leaflet and provided helpful suggestions.

EGGS have a fascinating history. They are among the most versatile of all foods and are said to have a thousand uses. History reveals that eggs were a food delicacy in ancient and biblical times and a staple food wherever abundant.

Ancient people considered eggs as a sacred symbol, and they believed an egg represented the world and its elements: shell, (earth); whites, (water); yolk, (fire); and under the shell (air). The breaking of eggs was a ceremony and a means of foretelling events. Men of early times hung eggs in Egyptian temples of worship. Artists glorified them in paintings and sculpture. Today eggs are still used for decorative purposes — as in Christmas and Easter ornaments and egg shell mosaics.

This series of leaflets numbered L-1114 — L-1122, covers topics of egg quality, buying and storing, six basic methods of egg preparation and eggs in the diet. Each is available from your local Extension agents.

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