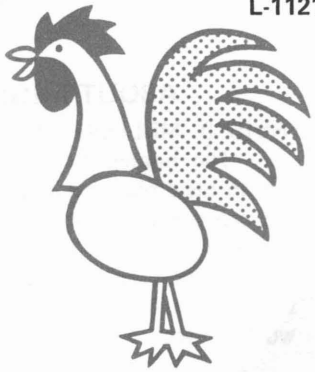


# About Eggs...



BAKING  
WHEN  
Eggs are baked in a  
pan, the temperature  
of the oven should  
be at least 300°F.

When the egg is  
baked, just as when they  
are cooked in the shell. Also, just as  
in any method of egg cooking, baking will not  
produce eggs with a texture that is tender yet firm, if  
the temperature is too high or if a low temperature is  
used for a prolonged period.

An oven temperature of 325 degrees F. is  
recommended for baked eggs. Heat transfer in the  
oven where the heat  
is not uniform.  
It is best to  
test the eggs  
before they are  
served.

10-1-23  
75M

## BAKING

HOW TO  
Equipment

- 1 egg
- 1/2 cup milk
- 1/2 cup flour
- 1/2 cup sugar
- 1/2 cup salt and pepper
- 1/2 cup butter
- 1/2 cup cream

The Texas A&M University System  
Texas Agricultural Extension Service  
J.E. Hutchison, Director  
College Station, Texas

## ABOUT EGGS – BAKING

DAVID B. MELLOR AND MARSHALL M. MILLER\*

The homemaker who wishes to avoid monotony in meal planning should be pleased to know that she can use a different recipe for a baked egg main dish every day for 2 months. Many recipes which she will find in French cookbooks may be too elaborate for today's busy homemaker – but at least 20 are worth trying.

When eggs are cooked in the oven, the egg white coagulates at 140 degrees F., just as when they are poached, fried or cooked in the shell. Also, just as in any method of egg cookery, baking will not produce eggs with a texture that is tender yet firm, if the temperature is too high or if a low temperature is unduly prolonged.

An oven temperature of 325 degrees F. is recommended for baked eggs. Heat transfer in the oven is not as fast as on the stove where the heat source is in contact with the vessel. By careful testing, it has been found that a 325 degrees F. oven temperature for the recommended time periods results in eggs reaching the proper coagulating temperature. Addition of other ingredients, or beating the egg whites stiff, may modify time and temperature requirements.

Putting the baking dish into a pan of water equalizes the transfer of heat to the baking pan and eggs. No matter how hot the oven may be, the temperature of the water cannot rise above 212 degrees F. With an oven temperature of 325 degrees F. for a short time, a water temperature of 212 degrees F. would never be reached. Thus, the parts of the baking pan which are submerged in water are subjected to an even, below-boiling temperature.

### HOW TO BAKE EGGS

Equipment and ingredients:

- Cooking fat - bacon drippings, butter or cooking oil
- One shallow baking dish or ramekin for each person to be served
- Two eggs for each serving
- Salt and pepper
- Crumbs, herbs, bacon, milk or cream as desired.

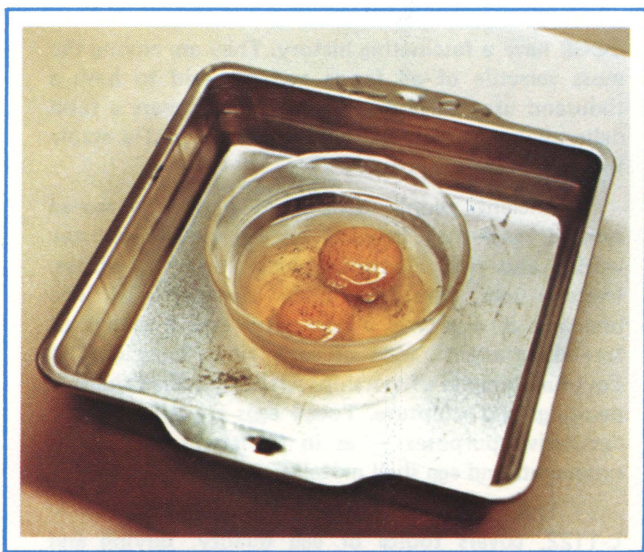
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\*Extension poultry marketing specialists, The Texas A&M University System.

1. Set oven thermostat to 325 degrees F.
2. Oil baking dishes or remekins.
3. Slip two eggs into each baking dish.
4. Season with salt and pepper.
5. Bake in preheated 325 degrees F. oven 15 to 20 minutes, depending on degree of doneness desired.
6. Serve in baking dishes.

### Variations

- Line bottom of dish with buttered crumbs; then slip in eggs.
- Season eggs before baking with favorite herbs.



Baked eggs, when placed in a pan of water, cook evenly but more slowly than if the dish were placed directly in the oven.

- Circle strip of partially cooked bacon around edge of baking dish; then slip in eggs.
- Place 1 tablespoon milk or cream in each greased dish before slipping in eggs.

### Other Ideas

- Since eggs are one of the most heat-sensitive foods, be careful to bake them in an accurately calibrated oven. When following a tested recipe, if egg textures are not tender but firm or if the eggs are not set at the end of the recommended time, have your oven thermostat checked. If you are delayed in

having this attended to, shorten or lengthen the cooking time until the results are satisfactory.

- If you put the buttered baking dish, ramekins or custard cups in the oven during the preheating period, baking time may be shortened.

- If baking dish, sauce or food on which the eggs are baked is cold, baking time may need to be increased.

- If eggs are baked in oven glass or heavy pottery dishes, lower the oven temperature by 25 degrees.

- When egg whites are beaten stiff for “fluffy shirred eggs”, use the temperature recommended for meringues (350 degrees F.).

### THINGS TO REMEMBER

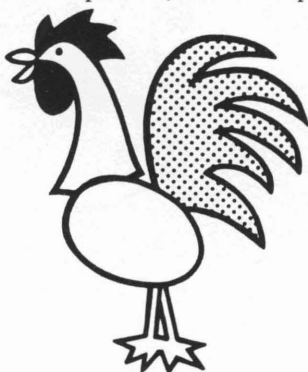
- Eggs cooked in the oven coagulate at the same temperature as those cooked by any other method.

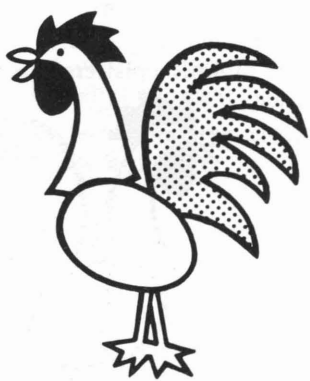
- Eggs baked at an oven temperature of 325 degrees F. for the proper length of time do not get any hotter than the coagulating temperature of 140 degrees F. for whites and 149 degrees F. for yolks.

- Just as in other methods of egg cookery, the “proper” cooking time, within the recommended range, is that which results in the degree of softness or firmness desired. With eggs baked in individual ramekins, one family member can have his eggs soft and runny, while others can have theirs hard-cooked and firm.

- Cold baking dishes, cold sauces and other foods combined with eggs may make a higher temperature or slightly longer baking time necessary.

- Exact time and temperatures are influenced by the materials of which platters, custard cups or ramekins are made.





## 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.

*Educational programs conducted by the Texas Agricultural Extension Service serve people of all ages regardless of socio-economic levels, race, color, sex, religion or national origin.*

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