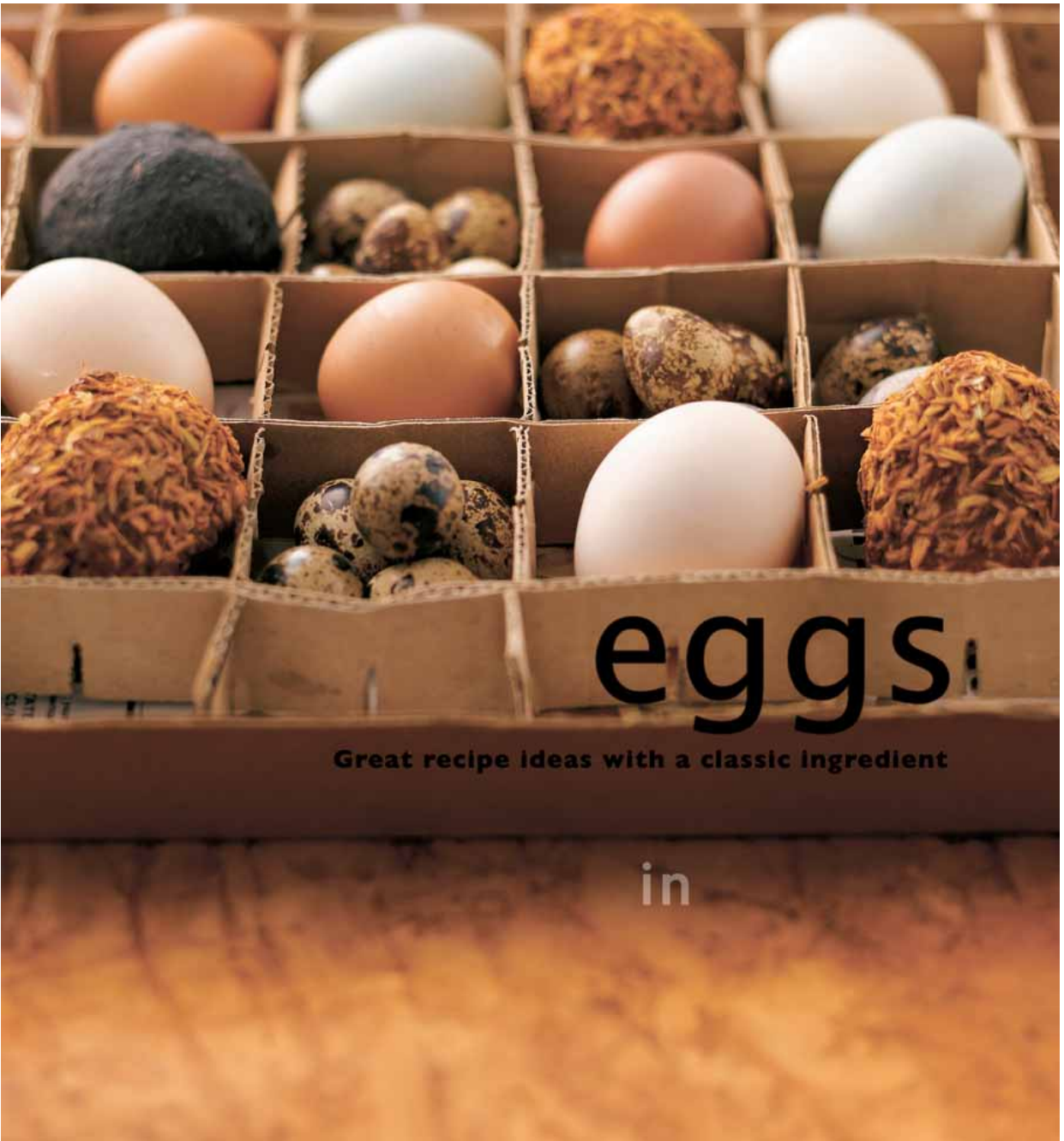


**60 Ways Eggs.  
Great Recipe Ideas  
with a Classic  
Ingredient**

**MCIA**



eggs

Great recipe ideas with a classic ingredient

in



>>

COOKERY

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eggs

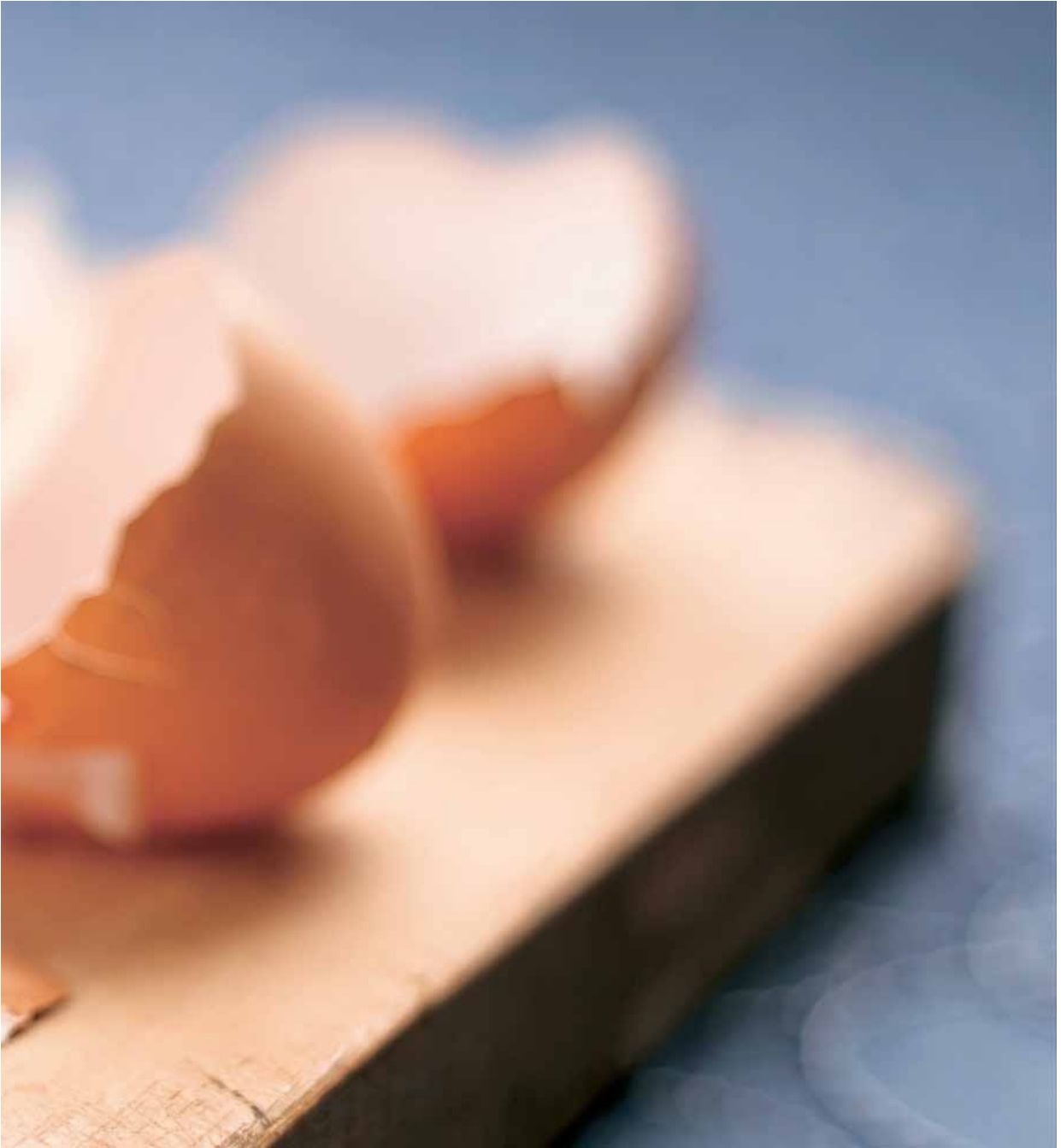
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eggs

**Great r**

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**ecipe ideas with a classic ingredient**

60

in

**ways**

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introduction >>

The most commonly used eggs in cooking are chicken

off the heat, cover the pan and leave for 5 minutes. Alternatively, eggs, although duck eggs may also be used. In comparison, place eggs into a pan of boiling water and simmer for

duck eggs are larger and have yolks that are richer in colour 3–4 minutes, depending on the size of the eggs.

and texture.

For hard-boiled eggs, place eggs in a pan of hot water and Eggs are high in protein, fat, calcium, iron and vitamins. They return the water to the boil. Lower the heat and leave to should be stored in a cool, well-ventilated place and eaten simmer for 10 minutes. It is believed that stirring the eggs as fresh as possible. To test the freshness of an egg, place it, around in the water will cause the yolks to be centrally horizontally, in a bowl of cold water. If it stays horizontal, it positioned, and thus be more aesthetically pleasing when sliced is fresh. The more it rises to the vertical, the staler it is. Your for serving. Remove the eggs from the pan and place into a sense of smell will also tell you if an egg is bad. For this reason, basin of cold water to prevent the yolks from discolouring.

always break each egg into a small container before tipping it Cooling the eggs this way will also make them easier

into the main mixing bowl or cooking pan.

to shell.

Eggs may be prepared in so many ways that they need not become boring. They can be boiled (hard or soft), scrambled, **Varieties of Egg**

fried, poached, baked or made into omelettes. Eggs are

Besides chicken and duck eggs, quail eggs are also commonly sometimes also eaten raw or cracked into a beverage and available. They are about a

third the size of chicken eggs. On swallowed. Eggs are also a vital ingredient in many different the other end of the scale are ostrich eggs, which are about recipes. Cakes, batter puddings and pancakes depend on

20 times bigger than chicken eggs. Although edible, they are the protein in eggs coagulating as they cook, and sauces, not usually marketed.

custards and tarts can be thickened by adding egg yolks.

Salted eggs are made from duck eggs. The fresh eggs are When vigorously whisked, egg whites hold large amounts of fi rst coated with a paste made from clay, salt and water and air and this increases their volume considerably. It is the air then left for a few weeks. Salted eggs are usually sold still trapped in egg whites that give souffl és, sponges and mousses coated with the paste. Scrape it off and wash eggs well before their light, airy texture, and that plays a vital role in the making using. If eaten whole, the salted eggs are hard-boiled. Salted of meringues.

egg yolks are also used as fi lling for Chinese pastries.

Century eggs are also made from duck eggs. Fresh duck

## **Boiling Eggs**

eggs are covered in a paste of leaves, ash, lime, salt and water If using eggs that have been refrigerated, allow them to return and then left to cure for a few weeks. Scrape off the paste and to room temperature before use. To get soft-boiled eggs, place wash the eggs before using. The eggs can simply be shelled eggs in a pan of boiling water and leave for 1 minute, then turn and eaten as an appetiser.



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cheese soup *This is a German dish, usually enjoyed with a loaf of crusty bread and a salad.*

with egg

*Serves 4*

Ingredients

Method

Egg yolks

4

- In a mixing bowl, beat egg yolks until they are well mixed.

Single (light)

Beat in cream, cheese and chives.

cream

160 ml (5 fl oz)

- In a large saucepan, bring chicken stock to just under boiling Cheddar cheese

55 g (2 oz), grated

point over moderate heat. Remove pan from heat and stir Chopped fresh

90 ml (3 fl oz / 6 Tbsp) hot stock into egg and cheese mixture.

chives

2

Tbsp

Chicken stock

875 ml (29 fl oz /

- Pour mixture into pan, stirring constantly. Return pan to 31/

2 cups)

low heat and cook, stirring constantly, until soup is thick and smooth. Do not let soup boil or it will curdle. Serve immediately with crusty bread.

## **10 SOUPS & APPETISERS**

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egg balls in

*These egg balls are an attractive addition to any clear soup. The egg balls may be prepared in advance, kept covered in the refrigerator, soup then cooked a few minutes before serving.*

*Serves 4*

Ingredients

Method

Hard-boiled eggs 4, shelled

- Slice hard-boiled eggs in half and scoop out yolks. Rub yolks Salt

1/4 tsp

through a strainer into a bowl.

Cayenne pepper a dash

- Finely chop egg whites and add them to the bowl. Add salt, Chopped fresh cayenne and parsley.

parsley

1

tsp

- With a fork, mash mixture and add enough raw egg yolk to Egg yolk

1, lightly beaten

make a stiff mixture.

Chicken stock

1 litre (32 fl oz / 4 cups)

- With your hands, shape mixture into small balls.
- Half-fill a medium-sized saucepan with water and bring to the boil over high heat. With a slotted spoon, place balls in boiling water and poach for 2 minutes.

- Meanwhile, bring chicken stock to the boil and ladle into 4

serving bowls.

- Remove poached balls from water using the slotted spoon and add a few to each bowl of soup. Serve immediately.

## **S O U P S & A P P E T I S E R S 13**

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egg, noodle

*This is one of the easiest and quickest of soups to prepare. Use canned chicken stock to reduce the hassle of preparing it from scratch.*

and cheese

*Serves 4*

soup

Ingredients

Method

Eggs 2

- In a mixing bowl, beat eggs, salt, pepper and 125 ml (4 fl oz /

1

Salt

1/2 tsp

1/2 cup) chicken stock together with a wire whisk. Set aside.

Ground black

- Pour remaining stock into a saucepan and add noodles and pepper

1/4 tsp

cheese.

Chilled chicken

stock

1.25 litres (40 fl oz /

- Place pan over high heat and bring stock to the boil. Reduce 5

cups)

heat to low and whisk in egg mixture.

Egg noodles

55 g (2 oz), cooked

- Cook soup for 2 minutes, beating constantly. Do not allow it Grated Parmesan

to boil.

cheese

3

Tbsp

- Remove pan from heat and ladle soup into serving bowls.

Chopped spring

Serve immediately, garnished with chopped spring onions.

onions

(scallions)

2

tsp

## 14 SOUPS & APPETISERS

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1

egg-drop

*A light, fragrant soup, this classic Egg-drop Soup is adapted from a Cantonese recipe.*

soup

*Serves 6*

Ingredients

Method

Cooking oil

1 Tbsp

- In a large saucepan, heat oil over moderate heat. Add onion

1, medium-sized, peeled

and cook, stirring constantly, for 1 minute.

and finely sliced

- Stir in chicken stock and bring to the boil. Reduce heat to

2 litres (64 fl oz /

low and simmer, stirring occasionally for 10 minutes.

8

cups)

Tomatoes 4,

medium-sized,

- Add tomatoes and simmer for a further 5 minutes. Remove quartered

pan from heat and beat egg into soup. Ladle into bowls and Egg

1, lightly beaten

serve immediately.

## **S O U P S & A P P E T I S E R S 17**

Egg01 Soups & App P8-43.indd 17

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moroccan

*The lentils and rice used in this soup make it substantial, and the spices and lemon juice add a wonderful flavour.*

chicken

*Serves 6–8*

harira

Ingredients

Olive oil

3 Tbsp

Ripe tomatoes

450 g (1 lb),

Chicken

1, small, about 800 g

cut into wedges

(13/4 lb), cut into

Split yellow lentils 100 g (3 1/2 oz), soaked

joints

for 1 hour, then drained

Onions

2, peeled and finely

Salt

1/2 tsp

chopped

Ground white

Garlic

2 cloves, peeled and

pepper

1/4 tsp

crushed

Chopped fresh

Ground turmeric

1/2 tsp

parsley

3

Tbsp

Ground ginger

1/2 tsp

Long-grain rice

50 g (2 oz)

Coriander seeds

1/2 tsp

Eggs 2,

beaten

Ground cinnamon 1/2 tsp

Lemons

3, 1 squeezed for juice

Chicken stock

2 litres (64 fl oz /

and 2 cut into wedges

8

cups)

## **18 SOUPS & APPETISERS**

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## Method

- Heat oil in a large pan and brown chicken on all sides. Fry in
- Add 2 Tbsp chopped parsley and rice. Bring  
batches if necessary. Remove chicken and set aside.  
to the boil. Reduce heat to simmer and cook
- In the same pan, use remaining oil to cook onions and garlic for a further  
20 minutes or until rice is tender.  
for 5 minutes or until soft, stirring occasionally.
- Combine eggs and lemon juice. Slowly pour

- Return chicken to pan and add turmeric, ginger, coriander mixture into soup, whisking constantly.

and cinnamon. Stir-fry over high heat, then add stock,

- Serve immediately, garnished with remaining

tomatoes, lentils, salt and pepper. Bring to the boil, then parsley. Provide lemon wedges on the side

cover. Reduce heat and simmer for 40 minutes.

for squeezing into soup.

- Remove chicken from pan and shred meat, discarding skin and bones. Return meat to pan.

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Egg01 Soups & App P8-43.indd 20

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*This is a delicious way of serving eggs, as a first course or as a light eggs snack.*

*Serves 4*

fl amenco

Ingredients

Method

Olive oil

4 Tbsp

- Preheat oven to 180°C (350°F).

Onion

1, medium-sized, peeled

- Heat oil over moderate heat and cook onion and garlic, and finely sliced stirring occasionally, for 5–7 minutes or until onion is soft

Garlic

2 cloves, peeled and

but not brown.

crushed

Lean bacon

230 g (8 oz), sliced

- Add bacon and capsicums and stir-fry for 10–12 minutes or until capsicums are soft.

Red capsicums

(bell peppers) 2, small, white pith

- Stir in tomatoes, mushrooms, salt, pepper, cayenne and removed,

seeded

parsley. Continue cooking for 5 minutes or until tomatoes and

chopped

begin to pulp.

Tomatoes

6, medium-sized,

blanched, peeled and

- Stir in corn kernels and remove from heat.

fi

nely

sliced

- Pour mixture into an ovenproof baking dish. Using the back White button

of a spoon, make 4 small depressions in mixture. Break an mushrooms

115 g (4 oz), wiped and

egg into each depression.

fi

nely

sliced

Salt

1/2 tsp

- Place baking dish in the oven and bake for 25–30 minutes or until eggs are set. Serve hot.

Ground black

pepper

1/4 tsp

Cayenne pepper a dash

Dried parsley

1 Tbsp

Canned corn

kernels

230 g (8 oz), drained

Eggs 4,

large

## **S O U P S & A P P E T I S E R S 21**

Egg01 Soups & App P8-43.indd 21

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steamed egg *In many parts of Asia, food is cooked in leaves not only because they are readily available, but also because of the amazing fragrance they impart to the cooked food. Here, the fragrance of the banana leaves wrapped in*

*and spices all combine to create a mouthwatering dish.*

*Makes 10 parcels*

banana leaf

Ingredients

Method

Eggs 8

- Beat eggs with salt and pepper and pour into a steaming tray.

Salt

1/2 tsp

- Steam over rapidly boiling water for 15 minutes until set.

Ground white

Allow to cool, then cut into cubes.

pepper

1/2 tsp

Coconut milk

4 Tbsp

- Remove seeds from chillies using gloved hands if a less spicy dish is preferred. Combine spices in a blender and grind into a paste.

**Spices**

Red chillies

8

- Divide paste into 10 portions. Spoon each portion onto the Shallots

5, peeled and chopped

centre of a banana leaf. Spread paste out a little and top with Tomatoes 2, chopped

some egg cubes.

Candlenuts

3, toasted and crushed

- Fold one-third of banana leaf, along the grain, down over Galangal 3-cm (1 1/2-in) knob,

paste, then fold up remaining leaf. Secure open ends with peeled and chopped

bamboo skewers. Repeat to make 10 parcels.

Turmeric 1-cm

(1/2-in) knob,

- Steam parcels over rapidly boiling water for 15 minutes.

peeled and chopped

Remove from heat and serve hot or at room temperature.

Dried prawn

(shrimp)

paste

( *belacan*) 1

tsp

Lemon grass

5-cm (2-in) length,

chopped

Salt to

taste

Sugar to

taste

Banana leaves

10 sheets, each

20 x 20-cm (8 x 8-in)

Bamboo skewers 20

## **22 SOUPS & APPETISERS**

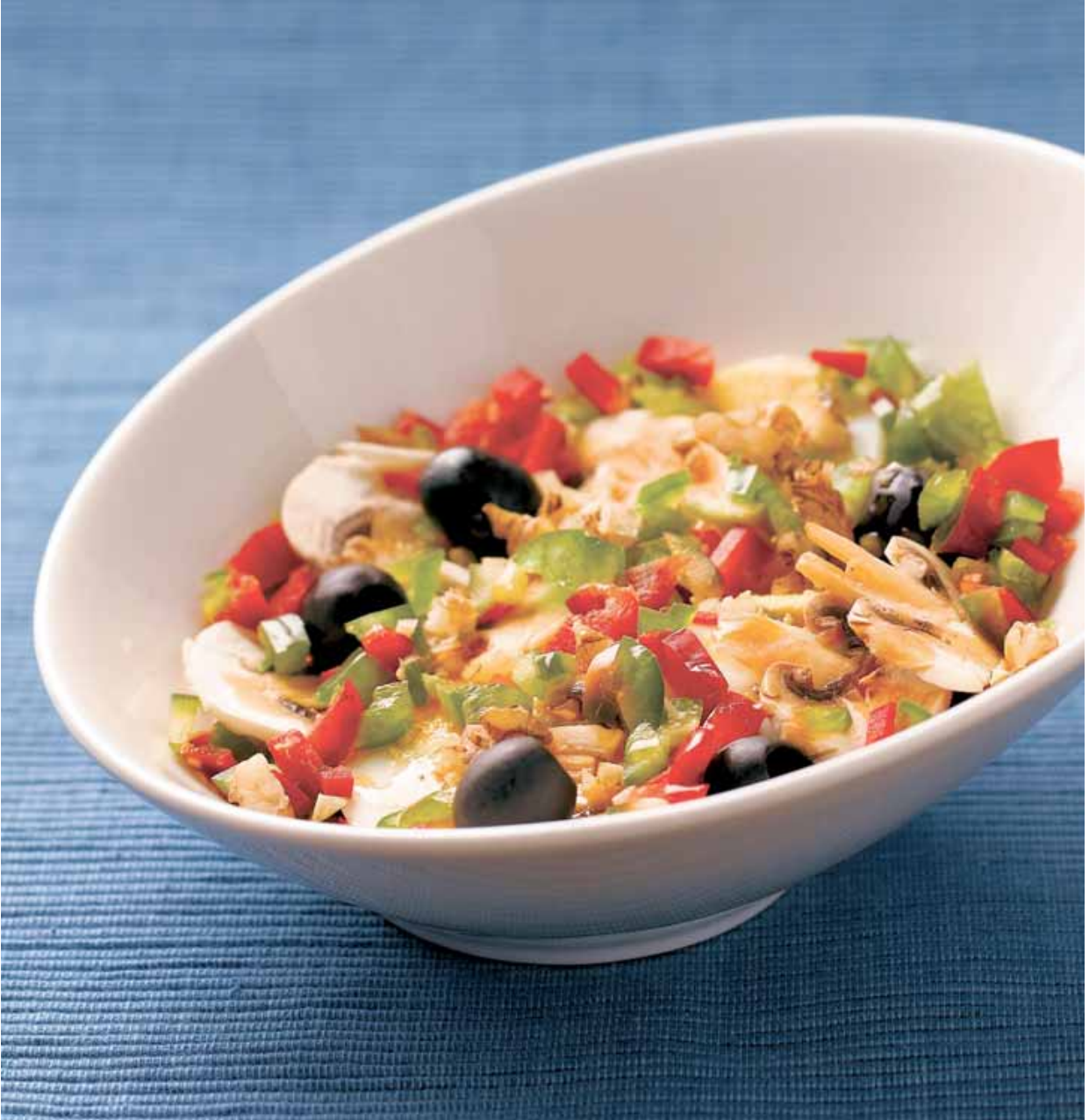
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egg salad

*This unusual and attractive salad may be served with a light fish dish or by itself with hot crusty bread.*

*Serves 2–4*

Ingredients

Method

Hard-boiled eggs 6, shelled and sliced

- Arrange eggs, capsicums, mushrooms and olives on a

Green capsicums

medium-sized serving dish. Sprinkle walnuts over.

(bell peppers) 2, small, white pith

removed, seeded and

- In a screw-top jar, combine ingredients for dressing. Shake chopped briskly and pour dressing over salad. Toss to coat ingredients Red capsicum well with dressing. Refrigerate for at least 30 minutes before (bell pepper)

1, small, white pith

serving.

removed, seeded and

chopped

White button

NOTE

mushrooms

3, wiped and thinly

sliced

Tossing the sliced hard-boiled

eggs will probably cause the

Black olives

6, pitted

egg yolks to break apart, which

Chopped walnuts 1 Tbsp

could spoil the look of the dish.

For better presentation, serve

the salad untossed and toss it

### **Dressing**

just before eating.

Garlic

1 small clove, peeled

and

crushed

Paprika

1 tsp

White wine

vinegar

2

Tbsp

Olive oil

90 ml (3 fl oz / 6 Tbsp)

Salt

1/4 tsp

Ground black

pepper

a

dash

Sugar

1/2 tsp

## **S O U P S & A P P E T I S E R S 25**

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egg puff s

*These airy Mexican-style egg puffs are subtly flavoured with chilli and oregano. They are great served hot.*

*Makes 15*

Ingredients

Method

Eggs

3, whites and yolks

- Beat egg whites until stiff peaks form.

separated

- In a separate bowl, beat egg yolks until thick and pale.

Plain (all-purpose)

fl

our

1

Tbsp

- Fold egg whites into yolks, then add fl our, salt, chilli powder, Salt

1/2 tsp

baking powder and oregano.

Chilli powder

1/4 tsp

- Heat oil for deep-frying until it is about 180°C (350°F).

Baking powder

1/2 tsp

- Drop tablespoonfuls of mixture, about 4 at a time, into oil.

Dried oregano

1 tsp

Fry for 1 minute 30 seconds on each side or until puff s are Cooking oil  
golden brown.

for

deep-frying

- With a slotted spoon, remove puff s from oil and drain on absorbent paper. Serve immediately with a chilli sauce of your choice.

## **26 SOUPS & APPETISERS**

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Egg01 Soups & App P8-43.indd 28

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eggs in a

*A filling appetiser or light lunch meal, this should be served hot, straight from the oven.*

savoury nest

*Serves 4*

Ingredients

Method

Butter

45 g (1 1/2 oz)

- Preheat oven to 190°C (375°F).

Onion

1, medium-sized, peeled

- In a large pan, heat two-thirds of butter over moderate heat.

and finely chopped

When foam subsides, add onion and ham. Cook, stirring,

Ham

8 slices, cut into squares

until onion is soft and ham golden brown.

Tomatoes 8,

medium-sized,

blanched,

peeled,

- Add tomatoes, salt, pepper and sage and cook for a further seeded and chopped

3 minutes. Stir in rice and remove from heat.

Salt

1/2 tsp

- Grease 8 small ramekins or individual ovenproof dishes with Freshly ground

remaining butter. Divide rice mixture evenly among them, black

pepper 1/4 tsp

then break an egg on top of each and sprinkle cheese over.

Dried sage

1/2 tsp

- Bake for 15 minutes or until egg is cooked and cheese is Cooked long-grain rice

280 g (10 oz)

lightly browned.

Eggs

8

- Remove from oven and serve immediately.

Grated Mozzarella

cheese

85 g (3 oz)

## **S O U P S & A P P E T I S E R S 29**

Egg01 Soups & App P8-43.indd 29

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egg and

*A delicious and very simple hors d'oeuvre, these stuffed eggs may be served with brown bread and butter.*

sardine hors Serves 6

d'oeuvre

Ingredients

Method

Hard-boiled eggs 6, shelled

- Halve eggs lengthwise, then cut a thin slice off the bottom of Canned sardines 170 g (5 1/2 oz), drained

each half so it has a fl at surface to sit on and will not wobble.

Mayonnaise 4

Tbsp

- Remove yolks and press them through a strainer into a small Lemon juice

1 Tbsp

bowl.

Chopped fresh

- 

parsley

1

Tbsp

Mash sardines into egg yolks. Add mayonnaise, lemon juice, parsley, salt and pepper. Mix well.

Salt

1/2 tsp

Ground white

- Spoon mixture into prepared whites and serve chilled.

pepper

1/4 tsp

NOTE

For a variation to this recipe, use

cooked and chopped chicken

meat instead of sardines, and

omit the lemon juice.

**30 SOUPS & APPETISERS**

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Egg01 Soups & App P8-43.indd 32

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100

eggs stuffed

*Hard-boiled eggs stuffed with a delicious ham and egg mixture and then fried.*

with ham and Serves 2

herbs

Ingredients

Method

Hard-boiled eggs 4, shelled

- Cut eggs in half lengthwise. Remove yolks and place in a Ham

55 g (2 oz), finely

mixing bowl. Set whites aside.

chopped

- Add ham, half the butter, chives, thyme, Worcestershire Butter

115 g (4 oz)

sauce, 1 egg, salt and pepper to egg yolks. With a wooden Chopped fresh spoon, cream mixture thoroughly until smooth.

chives

1

Tbsp

Dried thyme

1 tsp

- Spoon mixture into egg white halves. Sandwich halves

Worcestershire

together to form a whole egg. The halves should not fit sauce

1

tsp

tightly together.

Eggs 2

- In a small bowl, lightly beat remaining raw egg with a fork.

Salt

1/2 tsp

Roll stuffed eggs in beaten egg, then roll in breadcrumbs.

Ground black

- In a pan, melt remaining butter over moderate heat. Place pepper

1/4 tsp

stuffed, coated eggs in pan and fry for 5 minutes or until Dried white

eggs are golden brown all over.

breadcrumbs 4

Tbsp

- With a slotted spoon, carefully transfer stuffed eggs from pan to a warmed serving dish. Serve immediately.

**S O U P S & A P P E T I S E R S 33**

1/9/06 3:51:56 PM

eggs with

*Soft-boiled eggs and bacon on toast in a creamy, sherry-and-cheese flavoured sauce.*

sherry

*Serves 4*

Ingredients

Method

Butter

30 g (1 oz)

- In a pan, melt butter over moderate heat. Remove pan

Plain (all-purpose)

from heat and, with a wooden spoon, stir in fl our to make fl

our

1

Tbsp

a smooth paste. Gradually add milk and cream, stirring

Milk

190 ml (6 fl oz / 3/4 cup)

constantly.

Double (heavy)

- Return pan to heat. Add salt and pepper. Cook, stirring cream

190 ml (6 fl oz / 3/4 cup)

constantly, for 2–3 minutes or until sauce thickens.

Salt

1/2 tsp

Ground white

- Stir in cheese and sherry. Continue cooking and stirring until pepper

1/

cheese melts. Remove pan from heat and beat in egg yolks.

4 tsp

Cheddar cheese

55 g (2 oz), grated

Set aside.

Dry sherry

4 Tbsp

- Top each slice of toast with bacon and a sunny side up. If Egg yolks

2, lightly beaten

using soft-boiled eggs, crack one over each serving. Spoon Crusty bread

4 slices, toasted and

sauce over, sprinkle with paprika and serve immediately.

buttered

Bacon rashers

4, crisp-fried

Eggs

4, fried sunny side up

or

soft-boiled

Paprika 1

tsp

## **34 SOUPS & APPETISERS**

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Egg01 Soups & App P8-43.indd 36

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eggs with

*This is a simple but very tasty dish. It may be served on its own or with a side dish of steamed corn kernels.*

tomatoes and Serves 2

onion

Ingredients

Method

Olive oil

2 Tbsp

- In a pan, heat oil over moderate heat. Add onion and garlic

Onion

1, small, peeled and

and fry for 5–7 minutes or until onion is soft and translucent fi

nely

chopped

but not brown.

Garlic

1 clove, peeled and

- Add tomatoes, salt, basil and cayenne. Continue cooking, crushed

stirring frequently, for a further 5 minutes.

Tomatoes 6,

thinly

sliced

Salt

1/

- Remove pan from heat. Spoon tomato-and-onion mixture

2 tsp

Dried basil

1/

onto slices of toast. Place 2 poached eggs on top of each 4 tsp

Cayenne pepper a dash

slice and sprinkle with Parmesan cheese. Serve immediately.

Crusty bread

2 large slices, toasted

and

buttered

Poached eggs

4

NOTE

Grated Parmesan

If using smaller slices of bread,

cheese

2

Tbsp

use four slices instead of two,  
and top each slice with just one  
poached egg.

## **S O U P S & A P P E T I S E R S 37**

Egg01 Soups & App P8-43.indd 37

1/9/06 3:52:12 PM



egg tartlets

*These decorative tartlets are great for parties as their components—pastry cases, mayonnaise and hard-boiled eggs—can be made well in advance and assembled before serving.*

*Serves 6*

Ingredients

Method

Hard-boiled eggs 4, shelled and finely

- Preheat oven to 200°C (400°F).

chopped

- Prepare pastry. Sift flour and salt into a mixing bowl. Add 45 g (11/2 oz) butter and shortening, then rub fat into flour

**Pastry**

until mixture resembles fine breadcrumbs.

Plain (all-purpose)

flour

170 g (6 oz)

- Add 1 Tbsp cold water to flour mixture and knead dough Salt a

dash

until smooth. Add more cold water if dough is too dry.

Butter

60 g (2 oz), cut into

Refrigerate for 30 minutes.

cubes

- Use remaining butter to grease 6 tartlet tins, each 7.5-cm Vegetable (3-in) in diameter.

shortening

45 g (11/

2 oz), cut into

cubes

- Prepare mayonnaise. Whisk egg yolks, salt and pepper

Cold water

1–2 Tbsp

until well blended. Add oil, a few drops at a time, whisking constantly. Do not add oil too quickly or mixture will curdle.

When it has thickened, oil may be added more rapidly.

## **Mayonnaise**

Egg yolks

2, at room temperature

- Beat in a few drops of lemon juice or vinegar from time to Salt

1/

time to prevent mayonnaise from becoming too thick. When 2 tsp

Ground white

all the oil has been added, stir in remaining lemon juice or pepper

a

dash

vinegar. Stir in garlic and basil.

Olive oil

250 ml (8 fl oz / 1 cup)

- On a lightly floured surface, roll out chilled dough to 0.5-cm Lemon juice or

(1/4-in) thickness. Using a 10-cm (4-in) round pastry cutter, cut white

wine

out 6 circles and line tartlet tins, trimming off any excess.

vinegar

1

Tbsp

- Fill pastry shells with crumpled greaseproof paper and bake Garlic

1 large clove, peeled

and

crushed

blind for 15 minutes, removing paper 5 minutes before to allow pastry to brown. Remove from oven and leave to cool Chopped basil

4 Tbsp

for 30 minutes before turning pastry out of tins.

### **Garnish**

- Half-fill pastry shells with hard-boiled eggs, then spoon Hard-boiled egg 6 slices

mayonnaise over. Garnish each tartlet with a slice of hard-Basil

6 small sprigs

boiled egg and a sprig of basil. Serve.

### **38 SOUPS & APPETISERS**

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Egg01 Soups & App P8-43.indd 39

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Egg01 Soups & App P8-43.indd 40

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eggs three

*These simple dishes make convenient starters or appetisers for a Chinese meal.*

ways

*Serves 4*

Ingredients

Method

### **Century Egg and Preserved Ginger**

- Scrape paste off century eggs, then wash eggs well. Shell Century eggs

2

eggs and cut into wedges. Place on a serving dish together Preserved ginger with slices of preserved ginger. Set aside.

slices

- Wash bean sprouts and pluck off tails if desired.

•

### **Bean Sprouts with Egg**

Heat oil in a wok and stir-fry garlic until fragrant. Add bean sprouts and lightly stir-fry for 30 seconds. Sprinkle in salt and Bean sprouts

150 g

pepper to taste.

Cooking oil

2 tsp

Chopped garlic

1/

- Pour egg over bean sprouts and lightly stir-fry to scramble 2 tsp

Salt to

taste

mixture. Remove from wok when egg is cooked. Transfer to Ground white  
a serving dish.

pepper

to

taste

- Roll quail eggs in beaten egg, then roll in breadcrumbs.

Egg

1, lightly beaten

- Heat oil over moderate heat. Lower coated quail eggs into oil and fry for about 3 minutes or until eggs are golden **Quail Eggs**

brown.

Quail eggs

8, hard-boiled and

- With a slotted spoon, carefully transfer eggs to a serving shelled  
dish. Serve immediately with other 2 dishes.

Egg

1, lightly beaten

Dried white

breadcrumbs 2

Tbsp

Cooking oil

4 Tbsp

## **S O U P S & A P P E T I S E R S 41**

Egg01 Soups & App P8-43.indd 41

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scrambled

*A delicious and light but filling starter for a dinner party. Follow it up with a light main dish such as grilled (broiled) fish or meat.*

eggs in

*Serves 5*

pastry shells

Ingredients

Method

Frozen puff pastry 1 small pack

- Thaw puff pastry according to manufacturer's instructions.

Eggs

6 + 1, lightly beaten

Roll puff pastry out into a 0.5-cm (1/4-in) thick sheet.

Milk

4 Tbsp

- Using a 5-cm (2-in) round cutter, cut 20 rounds from puff Ground nutmeg

1/4 tsp

pastry sheet. Using a 3-cm (1 1/2-in) round cutter, cut 10 pastry Salt

1/2 tsp

rounds to form rings. Discard smaller rounds.

Ground white

- 

pepper

1/

Brush complete rounds with beaten egg and place a ring on 2 tsp top of each one. Transfer to a baking tray and brush pastry Chopped fresh with remaining beaten egg.

parsley

1

Tbsp

Chopped fresh

- Bake in a preheated oven at 180°C (350°F) for 5–7 minutes or chives

1

tsp

until pastry has risen and is golden brown. Remove from tray Grated Parmesan

and allow to cool.

cheese

2

Tbsp

- Combine eggs, milk, nutmeg, salt, pepper, parsley, chives and Butter

1 tsp

Parmesan, then whisk for 2 minutes or until ingredients are thoroughly blended.

- Melt butter in a pan over low heat. Add egg mixture and cook, stirring constantly, until it is soft and scrambled.
- Fill each pastry shell with a generous portion of scrambled egg mixture and serve immediately.

#### NOTE

For greater convenience, you may use ready-rolled puff pastry sheets, but as they are thinner, the pastry shells will not rise as much when baked.

#### **42 SOUPS & APPETISERS**

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Egg01 Soups & App P8-43.indd 43

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Egg02 Poultry P44-59.indd 44

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>>Eggs Creole **46** Eggs Baked with Chicken and Tomatoes **49**

Egg Rolls **50**

Eggah with Noodles and Chicken **53**

Ukrainian Chicken Kiev **54**

Crunchy Chicken and Corn Fritters **57**

poultry Lacy Egg Pancakes with Chicken Curry **58**

45

Egg02 Poultry P44-59.indd 45

1/9/06 2:38:41 PM

eggs creole

*A tasty way to use up leftover meat, Eggs Creole can also be made with lamb, beef or pork. Serve, as is traditional with Creole dishes, on a bed of plain rice.*

*Serves 4*

Ingredients

Method

Eggs

6, lightly beaten

- In a mixing bowl, beat eggs, salt, pepper, nutmeg and milk Salt

1/2 tsp

together with a fork until ingredients are well blended.

Ground black

Set aside.

pepper

1/4 tsp

- In a pan, heat butter over moderate heat. When foam

Grated nutmeg

a dash

subsides, add onion, tomatoes, capsicum and cayenne

Milk 2

Tbsp

pepper. Cook, stirring occasionally, for 5 minutes or until Butter

30 g (1 oz)

onion and capsicum are soft but not brown.

Onion

1, peeled and finely

chopped

- Add chicken and continue cooking for 5 minutes.

Tomatoes

4, large, blanched,

- Reduce heat to low and stir in egg mixture. Cook, stirring peeled

and

constantly, until eggs are scrambled.

chopped, or use

400 g (14 oz)

- Transfer mixture to a serving dish and serve immediately.

canned, peeled

tomatoes, drained

and

chopped

Red capsicum

(bell pepper)

1, small, white pith

removed, seeded

and

chopped

Cayenne pepper a dash

Cooked chicken

meat

230 g (7 1/2 oz), finely

diced

## 46 **POULTRY**

Egg02 Poultry P44-59.indd 46

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Egg02 Poultry P44-59.indd 47

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Egg02 Poultry P44-59.indd 48

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*This dish offers a tasty way of using up leftover chicken. Alternatively, diced ham may be substituted for the chicken.*

eggs baked

Serves 6

with chicken

and tomatoes

Ingredients

Method

Butter

1 Tbsp

- Preheat oven to 180°C (350°F).

Tomatoes 2,

sliced

- Grease 6 ramekins with butter. Put a slice of tomato into each one, then spoon some chicken meat on top. Break an meat

115 g (4 oz), finely

egg into each dish and sprinkle with salt and pepper.

chopped

Eggs 6

- Cover dishes with buttered greaseproof paper and stand dishes in a baking tin of hot water.

Salt

1/2 tsp

Ground black

- Place tin in the oven and bake for 10 minutes.

pepper

1/4 tsp

- Remove dishes from oven and sprinkle paprika over. Serve Paprika 1

tsp

immediately.

NOTE

Prepare this dish in glass

ramekins if possible, as the

colour of the tomato, egg

white and egg yolk will show

through the glass, making this

dish visually very appealing.

**P O U L T R Y 49**

Egg02 Poultry P44-59.indd 49

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egg rolls

*The completed dish looks very impressive, with the different layers of yellow, black and white colours. It can be served as part of a meal or as finger food.*

*Serves 4–6*

Ingredients

Method

Minced chicken

120 g (4 oz)

- Mix minced chicken with salt, wine, ginger, black moss and Salt

1/2 tsp

egg white. Set aside.

Chinese cooking

- Steam half the beaten eggs on a 12–15-cm (5–6-in) wide wine

( *hua tiao*) 2

tsp

plate for 5 minutes or until set. Set aside to cool before Chopped ginger

1/2 tsp

cutting into long, thick strips.

Black moss ( *fa cai*) 50 g (2 oz), soaked,

drained and finely

- Add corn flour to remaining beaten eggs and make 2 thin chopped omelettes.

Egg white

1

- Spread half the minced chicken mixture over an omelette.

Eggs 4,

beaten

Place a strip of steamed egg in the middle and roll omelette Corn fl our  
up. Repeat with other omelette.

(cornstarch)

1 Tbsp, mixed with

- 

11/

Transfer rolls to a steaming plate; make sure each one is 2 Tbsp water  
resting on open fl ap. Steam for 8 minutes.

- Remove rolls from heat and cut into 1-cm (1/2-in) thick slices.

Serve hot.

**50 POULTRY**

Egg02 Poultry P44-59.indd 50

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Egg02 Poultry P44-59.indd 51

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Egg02 Poultry P44-59.indd 52

1/9/06 2:39:01 PM

eggah with

*An eggah is an Arab-style omelette. It is firm and thick, rather like an egg cake. It can be cut into wedges and served as a main dish or into small pieces and served as an appetiser.*

noodles and

*Serves 6*

chicken

Ingredients

Method

Water

1.5 litres (48 fl oz /

- Pour water into a large saucepan over high heat. Add ½ tsp 6 cups)

salt and bring to the boil.

Salt 1 1/2 tsp

- Add noodles and cover pan. Reduce heat to low and

Egg noodles

115 g (4 oz)

simmer, stirring occasionally, for 6–8 minutes or until Eggs 6

noodles are cooked. Remove pan from heat. Drain noodles Ground black and set aside. Discard water.

pepper

1/2 tsp

Cayenne pepper 1/

- In a mixing bowl, beat eggs, remaining salt, pepper, spices 8 –1/

4 tsp

Paprika 2

tsp

and garlic together with a wire whisk until mixture is light and frothy. Stir in chicken and noodles.

Ground cumin

1 tsp

Garlic

1 clove, peeled and

- In a large pan, melt butter over moderate heat. When foam crushed subsides, reduce heat to low and pour in egg mixture. Cook Cooked chicken slowly for 20–30 minutes or until underside is golden brown meat

230 g (71/2 oz), diced

and eggah is cooked through.

Butter

55 g (2 oz)

- Remove pan from heat and place under a preheated grill set on high for 5 minutes or until top of eggah is golden brown.
- Serve hot, cut into wedges.

**P O U L T R Y 53**

1/9/06 2:39:06 PM

ukrainian

*These butter-stuffed, deep-fried chicken breasts are a Russian restaurant classic. They are surprisingly easy to prepare.*

chicken kiev

*Serves 6*

Ingredients

Method

Butter

175 g (6 oz)

- Mash butter with lemon zest and juice, garlic and chives.

Lemon

1, grated for zest and

Mould mixture into a rectangle, wrap in foil and refrigerate.

squeezed for juice

- Lay chicken breasts between 2 sheets of plastic wrap and Garlic

2 cloves, peeled and

pound them flat with a rolling pin or meat mallet. Remove crushed

plastic wrap and season chicken with salt and pepper.

Chopped chives

3 Tbsp

Chicken breasts

6 large pieces, boned

- Working quickly, cut chilled butter into 6 fingers and place and skinned

one along the centre of each fillet. Fold chicken tightly over Salt

1/2 tsp

butter to enclose completely. Wrap each chicken parcel in plastic wrap and freeze for 20–30 minutes.

Ground black

pepper

1/2 tsp

- Heat oil for deep-frying in a large pan.

Cooking oil

for

deep-frying

- Remove chicken parcels from freezer and unwrap.

Eggs 2,

beaten

- Dip chicken parcels into beaten egg, allowing excess to drip. Dip back into bowl, then coat with breadcrumbs. Firmly press in breadcrumbs

175 g (6 oz)

breadcrumbs so coating is secure.

- Lower 2–3 parcels into hot oil, depending on the size of pan and fry for 5–6 minutes or until golden brown. Remove and drain on absorbent paper. Repeat to cook remaining parcels.
- Serve hot.

## 54 **POULTRY**

Egg02 Poultry P44-59.indd 54

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Egg02 Poultry P44-59.indd 55

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Egg02 Poultry P44-59.indd 56

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crunchy

*These corn fritters go well with deep-fried chicken, but they make a tasty snack on their own as well.*

chicken and

*Serves 4–6*

corn fritters

Ingredients

Method

Plain (all-purpose)

- Sift fl our and salt together into a bowl. Make a well in the fl our

125 g (4 1/2 oz)

centre and add eggs.

Salt

1/4 tsp

- Gradually add milk, drawing fl our in from sides of bowl. Mix Eggs 2 until a smooth, creamy batter is achieved.

Milk

180 ml (6 fl oz / 3/4 cup)

- Stir in chicken, corn kernels and capsicum. Leave to stand Chicken

150 g (5 oz), cut into

small

cubes

for about 30 minutes.

Corn kernels

175 g (6 oz)

- Take a large pan and add enough oil to cover cooking

Green capsicum

surface. Heat until smoking, then add 3–4 spoonfuls of

(bell pepper)

1, white pith removed,

batter, depending on size of pan. Fry for about 2 minutes or seeded and finely

until golden brown and puffy around the edges. Turn over chopped

to fry other side.

Cooking oil

for

pan-frying

- Remove fritters and drain on absorbent paper. Repeat with remaining batter until used up. Serve hot.

## **P O U L T R Y 57**

Egg02 Poultry P44-59.indd 57

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lacy egg

*This is a dish of Malay origin. A cup with 4–5 small spouts is used to make this pancake, but using your fingers will do as well. These pancakes*

*pancakes are ideal eaten with chicken curry.*

*Serves 4–6*

with chicken

curry

Ingredients

Method

### **Chicken Curry**

- Prepare chicken curry. Season chicken with curry powder, Chicken 1, about 800 g (13/4 lb),

garlic and salt. Leave for 20–30 minutes.

cut into pieces

- Heat oil in a pan and fry shallots and curry leaves until shallots Chicken curry

are limp. Add chicken and fry to seal in juices.

powder

3

Tbsp

Garlic

4 cloves, peeled and

- Add coconut milk, cover pan and simmer for 30 minutes until chopped chicken is tender.

Salt 1

tsp

- Meanwhile, prepare pancakes. Combine fl our and salt in a Cooking oil

2 Tbsp

bowl, then stir in eggs, coconut milk and food colouring until Shallots

4, peeled and sliced

batter is smooth. Strain batter if necessary.

Curry leaves

1 sprig, stem discarded

- Heat 1 tsp oil in a pan over low heat. Using your fi ngers, Coconut milk

750 ml (24 fl oz /

scoop up some batter and let it fl ow in continuous streams 3

cups)

onto the pan as you move your hand in a circular motion to create a lacy pattern. This might take a bit of practice. When **Lacy Pancakes**

pancake is set, remove to a plate.

Plain (all-purpose)

fl our

250 g (81/

- Repeat to make more pancakes until batter is used up. Fold 2 oz ), sifted

Salt

1/

pancakes as desired and serve hot with chicken curry.

2 tsp

Eggs 2,

beaten

Coconut milk

500 ml (16 fl oz /

2 cups)

Yellow food

colouring

2–3

drops

Cooking oil

2 Tbsp

**58 POULTRY**

Egg02 Poultry P44-59.indd Sec1:58

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Egg02 Poultry P44-59.indd Sec1:59

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Egg03 Meat P60-81.indd 60

1/9/06 2:52:21 PM



>>Egg and Bacon Bake **62**Egg and Bacon Scramble **65**Egg White with Corn, Peas and Sausage **66**Egg Burgers **69**Eggs Essen **70**

meat Egg Foo Yong **73**

Steamed Egg with Minced Meat **74**

Egyptian Braised Steak **77**

Baked Eggs with Cheese **78**

Salted and Century Eggs Porridge **81**

61

Egg03 Meat P60-81.indd 61

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egg and

*A light dish which may be served with spinach or peas.*

*Serves 2–4*

bacon bake

Ingredients

Method

Butter

45 g (1½ oz)

- Preheat oven to 190°C (375°F).

Plain (all-purpose)

- In a saucepan, melt two-thirds of butter over moderate heat.

fl

our

2

Tbsp

Remove pan from heat and, with a wooden spoon, stir in

Milk

315 ml (10 1/2 fl oz /

fl our to make a smooth paste. Gradually add milk, stirring 1 1/4 cups)

constantly.

Bay leaf

1

Ground nutmeg

a dash

- Return pan to heat and add bay leaf and nutmeg. Bring mixture to the boil, still stirring. Reduce heat to low and cook Lean bacon

230 g (7 1/2 oz), pan-

for 2–3 minutes or until sauce is thick and smooth.

fried and coarsely

sliced

- Remove pan from heat. Discard bay leaf. Stir in bacon, salt, Salt

1/4 tsp

pepper and tomatoes.

Ground black

- Grease a baking dish with remaining butter, then line with pepper

1/4 tsp

hard-boiled egg slices.

Tomatoes 4,

chopped

Hard-boiled eggs 6, shelled and sliced

- Stir beaten egg into sauce in pan and pour over egg slices in baking dish.

Egg

1, lightly beaten

- Add topping ingredients. Sprinkle breadcrumbs on top and **Topping**

dot with butter.

Dried white

- Bake for 40 minutes. Serve hot.

breadcrumbs

85 g (3 oz)

Butter

45 g (1 1/2 oz), cut into

small

cubes

62 **MEAT**

Egg03 Meat P60-81.indd 62

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Egg03 Meat P60-81.indd 63

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Egg03 Meat P60-81.indd 64

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*Serve this as a light lunch dish or as a hot hors d'oeuvre.*

egg and

*Serves 4*

bacon

scramble

Ingredients

Method

Cooking oil

1 Tbsp

- Heat oil in a pan over moderate heat. Add onion and bacon

1,

medium-sized,

and cook, stirring occasionally, for 5–7 minutes or until peeled and finely

onion is soft but not brown and bacon is cooked.

chopped

- 

Streaky bacon

8 rashers, coarsely

Add courgettes, mushrooms, salt and pepper. Reduce heat to low and cook, stirring occasionally, for 15 minutes or until chopped

courgettes are tender. Remove pan from heat and set aside.

Courgettes

(zucchini)

4, ends discarded and

- Preheat grill (broiler) to high.

chopped

- In a mixing bowl, beat eggs, milk and nutmeg together, White button then stir mixture into pan's contents.

mushrooms

115 g (4 oz), wiped

clean and halved

- Return pan to heat and cook gently, stirring constantly, until Salt

1/2 tsp

eggs are nearly scrambled. Remove from heat.

Ground black

- Pour egg mixture into a deep heatproof (fl ameproof) dish.

pepper

1/4 tsp

Sprinkle breadcrumbs over and dot with butter.

Eggs

6

Milk

4

Tbsp

- Place dish under grill for 3 minutes or until top is lightly browned. Remove from heat and serve immediately.

Grated nutmeg

a dash

Dried white

breadcrumbs

55 g (2 oz)

Butter

1 Tbsp, cut into small

cubes

**M E AT 65**

Egg03 Meat P60-81.indd 65

1/9/06 2:52:38 PM

egg white

*This recipe comes in handy when you have leftover egg whites from baking. Although egg white is bland on its own, the combination of with corn, corn kernels, peas, sausage and flavourful sauce makes this dish both colourful and tasty.*

*Serves 3–4*

peas and

sausage

Ingredients

Method

Green peas

55 g (2 oz)

- Mix peas, corn and diced sausage with egg whites.

Corn kernels

70 g (2 1/2

oz)

- Heat oil for deep-frying in a wok. Slowly pour in egg white Chicken sausage 1, diced

mixture and deep-fry until set.

Egg whites

5, lightly beaten

- Use a strainer to remove fried egg mixture from wok. Drain Cooking oil for

deep-frying

well and place on a serving plate.

Salt to

taste

- Remove oil, leaving 1 Tbsp oil in wok, and prepare sauce.

Ground white

Add ginger and fry until fragrant.

pepper

to

taste

- Stir in remaining ingredients and simmer until slightly thick.
- Pour sauce over fried egg mixture and serve.

### **Sauce**

Finely grated

ginger

1

tsp

Chinese cooking

wine

( *hua tiao*) 1 tsp

Sugar

1/2 tsp

Corn fl our

(cornstarch)

1 tsp, mixed with

100

ml

(31/

2 oz)

water

Sesame oil

1 tsp

**66 MEAT**

Egg03 Meat P60-81.indd 66

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Egg03 Meat P60-81.indd 67

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Egg03 Meat P60-81.indd 68

1/9/06 2:52:47 PM

egg burgers

*Egg burgers are especially popular with children. They make a delicious snack, but can also be served as a light meal. Allow 2 burgers per person.*

*Serves 2*

Ingredients

Method

Soft burger buns 2, halved lengthways

- Preheat grill (broiler) to high, then lightly toast cut sides of Butter

55 g (2 oz)

buns until golden brown. Remove from heat. Keep grill hot.

Ham 2

round

slices

- Spread each toasted bun half with butter, then top each Prepared mustard 2 tsp

bottom half with ham. Spread a little mustard over each Cheddar cheese

4 slices

slice of ham and cover with a slice of cheese.

Cooking oil

2 Tbsp

- Place bun halves under hot grill for 5 minutes or until Eggs 2

cheese has melted and turned golden brown.

- While buns are bring grilled, heat oil in a pan over moderate heat and fry eggs sunny side up or until whites are solid and yolks still runny and soft.

- Remove buns from grill and place a fried egg on each one.

Top with remaining bun halves. Serve immediately.

#### NOTE

As a variation to this burger recipe, use hamburger patties or bacon rashers instead of sliced ham.

#### **M E AT 69**

Egg03 Meat P60-81.indd 69

1/9/06 2:52:49 PM

eggs essen

*A delicious combination of capsicum, onion, tomatoes, frankfurters and eggs, Eggs Essen is a colourful and substantial meal in itself.*

*Serves 4–6*

Ingredients

Method

Olive oil

4 Tbsp

- Preheat oven to 230°C (450°F).

Onion

1, medium-sized,

- In a pan, heat oil over moderate heat. Add onion and peeled and finely

potatoes and cook, stirring occasionally, for 5 minutes.

chopped

Potatoes

2, medium-sized,

- Add ham, capsicum, tomatoes, frankfurters and basil. Cook, peeled and diced

stirring occasionally, for 15 minutes.

Ham

55 g (2 oz), sliced

- Remove pan from heat and transfer mixture into a medium-Green capsicum

sized ovenproof dish. Smooth surface with a knife.

(bell pepper)

1, small, white pith

removed, seeded

- Break eggs on top of mixture and sprinkle with salt and finely

chopped

pepper.

Canned peeled

- Place dish in oven and bake for 8–10 minutes or until egg tomatoes

230 g (7 1/2 oz), drained

whites are set.

and

chopped

Frankfurters

8, cut into 1-cm (1/2-in)

- Remove from oven and serve immediately.

slices

Dried basil

1/4 tsp

Eggs 6

Salt 1

tsp

Ground black

pepper

1/2 tsp

70 **MEAT**

Egg03 Meat P60-81.indd 70

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Egg03 Meat P60-81.indd 71

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Egg03 Meat P60-81.indd 72

1/9/06 2:52:56 PM



egg foo yong *A Chinese omelette, Egg Foo Yong is a crunchy combination of eggs, ham and bean sprouts. Serve it as part of a Chinese meal.*

*Serves 2*

Ingredients

Method

Eggs 4

- In a mixing bowl, beat eggs, soy sauce, salt and pepper Light soy sauce

1 Tbsp

together until mixture is light and fluffy. Set aside.

Salt

1/2 tsp

- In a medium-sized pan, melt butter over moderate heat.

Ground black

When foam subsides, add shallot, bean sprouts and ham.

pepper

1/4 tsp

Fry for 4–5 minutes, stirring occasionally.

Butter

30 g (1 oz)

- Pour beaten egg mixture into pan. Stir with a fork and leave Shallot

1, peeled and finely

chopped

to set.

Bean sprouts

115 g (4 oz)

- Transfer omelette to a serving plate, garnish with spring Ham

55 g (2 oz), cut into thin

onions and serve immediately.

strips

Chopped spring

onion (scallion) 2 tsp

NOTE

The omelette will vary in

thickness depending on the

size of the pan used. Use

a smaller pan if a thicker

omelette is preferred. This

will however require a longer

cooking time.

**M E A T 73**

Egg03 Meat P60-81.indd 73

1/9/06 2:53:00 PM

steamed egg *This is a very simple but tasty and nutritious dish that goes well with plain rice.*

with minced Serves 2–3

meat

Ingredients

Method

Large eggs

3

- Beat eggs and stir in salt, soy sauce, pepper and water.

Salt 1

tsp

- Add minced meat, salted egg yolk and century egg, ensuring Light soy sauce

1 Tbsp

that meat is not in clumps.

Ground white

pepper

to

taste

- Pour mixture into a steaming dish and steam over rapidly Water

300 ml (10 fl oz /

boiling water for 12–15 minutes or until eggs are set and 11/

meat is cooked.

4 cups)

Minced meat

150 g (5 oz)

- Remove from heat and serve hot with plain rice.

Salted egg yolk

1, cut into small pieces

Century egg

1, shelled and cut into

small

pieces

NOTE

Spring onion

This recipe will still turn out

(scallion)

1,

chopped

without the addition of salted

egg and/or century egg, if you prefer to omit them, or if they are not available. The two types of egg add extra fl avour to the dish.

#### **74 MEAT**

Egg03 Meat P60-81.indd 74

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Egg03 Meat P60-81.indd 75

1/9/06 2:53:11 PM



Egg03 Meat P60-81.indd 76

1/9/06 2:53:13 PM



egyptian

*Egyptian Braised Steak, with chickpeas and eggs cooked in their shells, makes a rich, satisfying meal. It is left to cook for a long time, and so braised steak combines superlative flavour with convenience.*

Serves 6

Ingredients

Method

Cooking oil

3 Tbsp

- In a medium-sized pan, heat oil over moderate heat. Add Onions

2, large, peeled and

onions and fry for 5–7 minutes or until onions are soft and chopped

translucent but not brown.

Stewing steak

900 g (2 lb), cut into

- 

2.5-cm (1-in) cubes

Add meat and cook, stirring occasionally, for 10 minutes or until meat is brown.

Potatoes

2, large, peeled and

diced

- Remove pan from heat and transfer onions, meat and oil to Eggs

6, shells thoroughly

a large pot.

cleaned

- Add all remaining ingredients and pour in enough water to Chickpeas

330 g (12 oz), soaked

cover them.

overnight

and

drained

- Cover pot and simmer over low heat for 2–3 hours until Garlic

1 clove, peeled and

meat is tender. Serve hot with rice or bread.

crushed

Ground turmeric 1 tsp

Ground cumin

1/2 tsp

Salt 1 1/2 tsp

Ground black

pepper

1

tsp

Beef stock

2 Tbsp, made by

dissolving 1 beef

stock cube in 2 Tbsp

boiling

water

**M E A T 77**

Egg03 Meat P60-81.indd 77

1/9/06 2:53:17 PM

baked eggs

*A tasty and filling dish with a pleasant, mild flavour.*

*Serves 4*

with cheese

Ingredients

Method

Butter 1

Tbsp

- Preheat oven to 190°C (375°F).

Lean bacon

225 g (7 1/2 oz), sliced

- In a small pan, melt butter over moderate heat. When foam subsides, add bacon and bread. Stir-fry for 6–8 minutes or bread

2 slices, crusts removed

and discarded, diced

until bacon and bread are crisp and lightly browned. Remove pan from heat.

Eggs 8

Salt

1/

- Divide bacon and bread equally among 4 small baking

4 tsp

Ground black

dishes, each suited for an individual serving. Break 2 eggs into pepper

a

dash

each dish, then sprinkle salt and pepper over.

Mozzarella cheese 4 thin slices

- Place a slice of cheese on top of eggs. The cheese will not completely cover eggs but it will spread with cooking.

- Bake dishes for 10–15 minutes or until eggs are just set and cheese has melted and spread.
- Remove dishes from oven and serve immediately. Garnish as desired.

78 **MEAT**

Egg03 Meat P60-81.indd 78

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Egg03 Meat P60-81.indd 79

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Egg03 Meat P60-81.indd Sec1:80

1/9/06 2:53:33 PM



salted and

*This porridge is simple but hearty and amazingly tasty, especially with the addition of salted and century eggs.*

century eggs Serves 4

porridge

Ingredients

Method

Pork loin

100 g (3 1/2 oz)

- Season pork with salt and refrigerate overnight. Rinse pork Salt 1

Tbsp

and pat dry before use.

Long-grain rice

90 g (3 oz)

- In a pot, combine rice, pork and 1 litre water. Bring to the Water

1.5 litres (48 fl oz /

boil for 20 minutes, uncovered.

6

cups)

Salted egg

1, cleaned and

- Lower heat and remove pork. Mash rice with the back of hard-boiled a ladle until well broken up. This will make the porridge Century egg

1, cleaned

smoother.

Chopped spring

- Shred pork and return to pot. Shell salted and century eggs onion (scallion)

1

Tbsp

and cut into small pieces. Add to pot.

- Add remaining water to pot and bring to the boil,

### **Condiments**

simmering for another 10–15 minutes or until porridge is Light soy sauce smooth.

Ground white

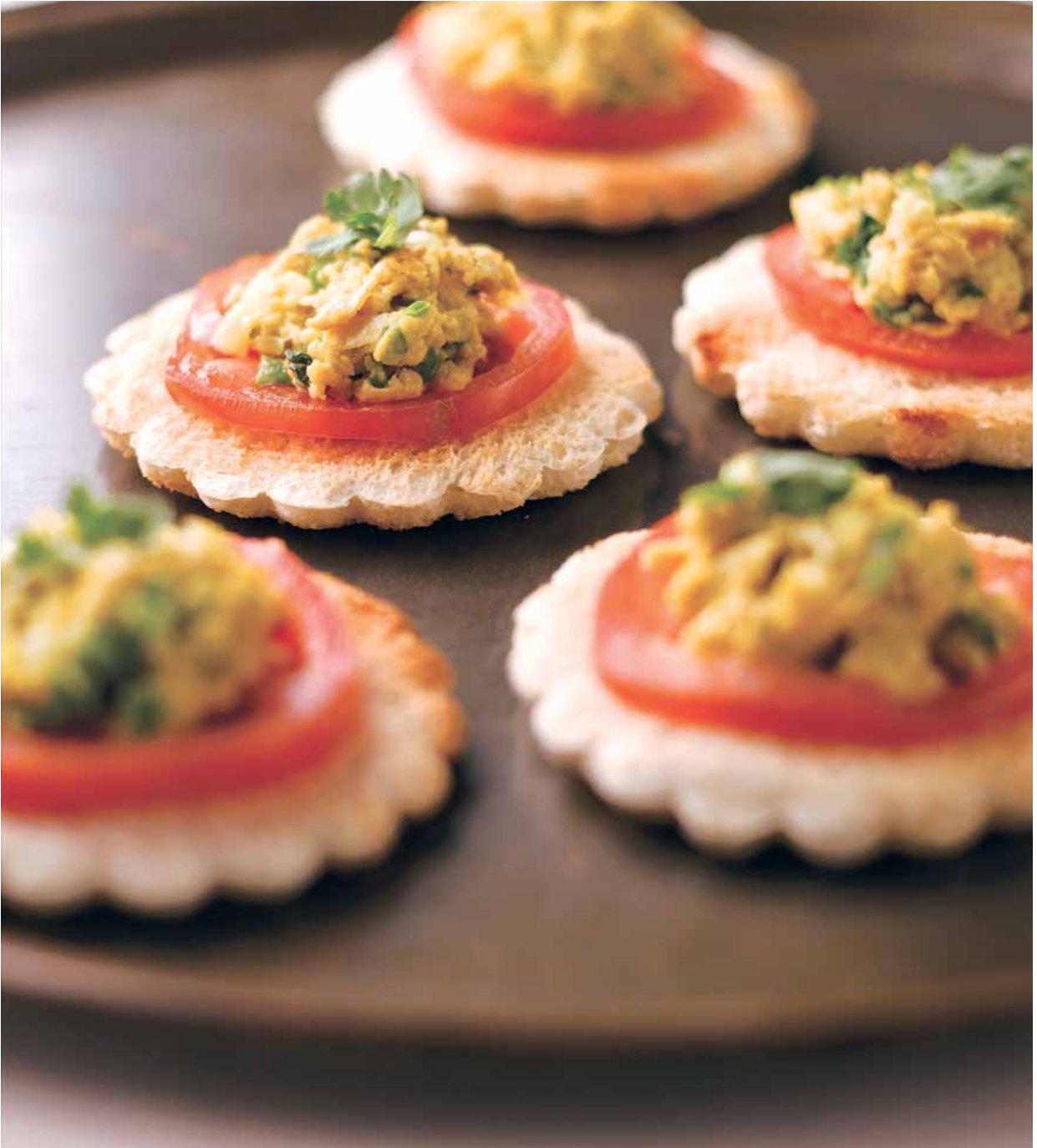
pepper

- Ladle porridge into individual serving bowls. Garnish with Red chilli slices chopped spring onions and serve hot. Provide condiments on the side for diners to use as desired.

**M E AT 81**

Egg03 Meat P60-81.indd Sec1:81

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Egg04 Veggies P82-117.indd 82

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>> 

Eggs in Baked Potatoes **84**

Eggs Baked with Onions **87**

Eggs Baked with Creamed Mushrooms **88**

Indian-style Eggs **91**

Javanese Omelette **92**

Egg Bread **95**

vegetarian Egg and Cheese Rissoles **96**

Egg and Corn Savoury **99**

Egg and Cream Cheese Tart **100**

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Egg Fried Rice **112**

Quail Eggs with Mushrooms **115**

Chawanmushi (Egg Custard) **116**

83

Egg04 Veggies P82-117.indd 83

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eggs in

*These baked potatoes are stuffed with a mixture of eggs, butter, cream and chives, making this delicious and filling dish suitable for a light, casual meal.*

baked

*Serves 4*

potatoes

Ingredients

Method

Potatoes

4, large, scrubbed and

- Preheat oven to 190°C (375°F). Prick potatoes lightly with a dried fork, then bake for 30 minutes.

Butter

1 Tbsp

- Remove potatoes from oven. Leave oven at 190°C (375°F).

Chopped chives

1 Tbsp

Cut about 2.5-cm (1-in) off tops of potatoes. Using a

Salt 1

tsp

teaspoon, scoop out the inside of each potato, taking care Ground black  
not to tear the skin. Set potato skins aside.

pepper

1/4 tsp

Grated nutmeg

a dash

- Place potato in a mixing bowl and mash with butter using a fork or potato masher. Add chives, salt, pepper and nutmeg.

Double (heavy)

cream

4

Tbsp

Stir in cream and beat until ingredients are thoroughly combined. Gradually beat in eggs.

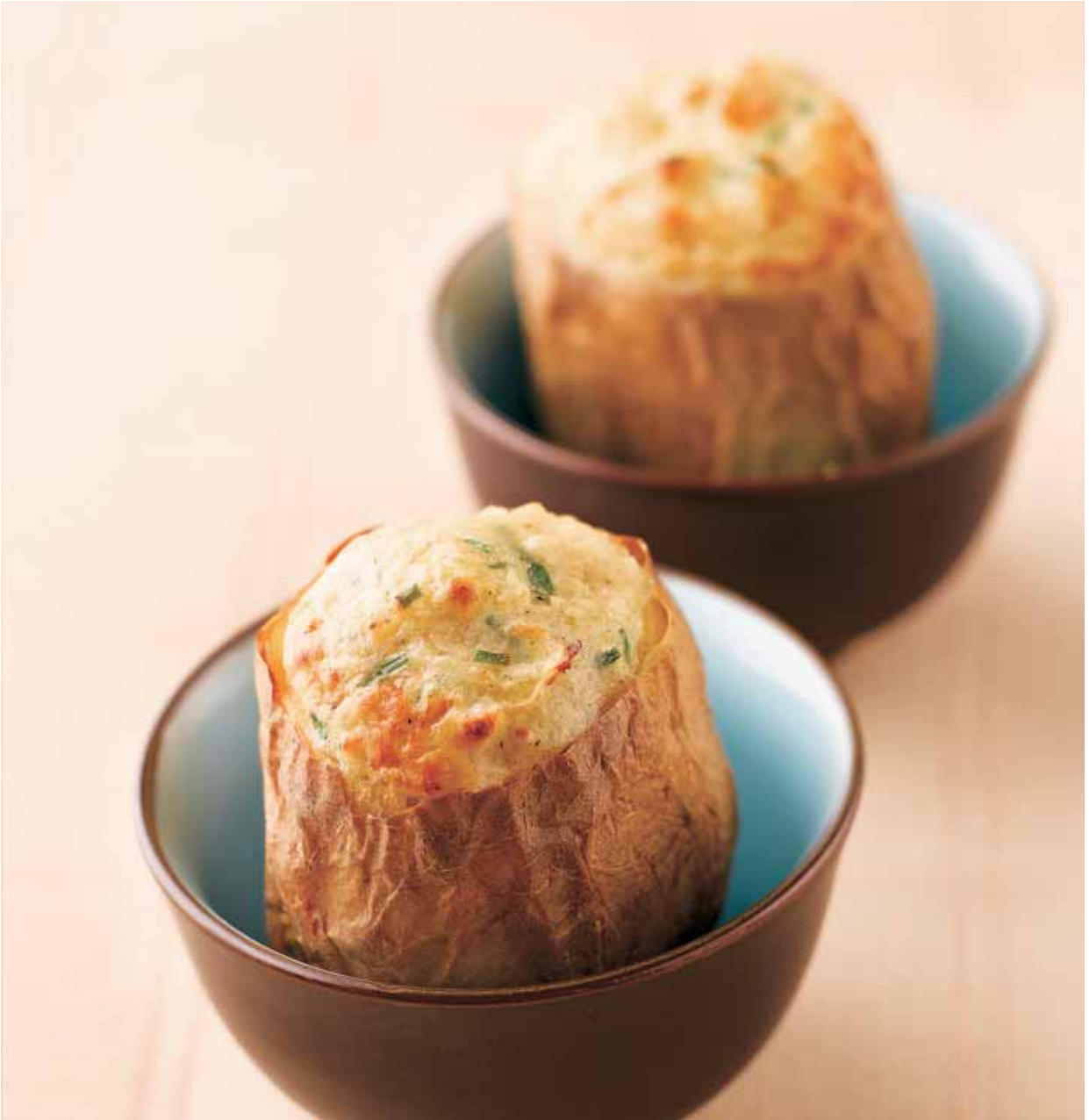
Eggs 4

- Fill each hollowed-out potato with egg and cream mixture and place in a baking dish. Return to oven for 10–12 minutes or until filling is lightly browned on top. Serve immediately.

**84 VEGETARIAN**

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Egg04 Veggies P82-117.indd 85

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Egg04 Veggies P82-117.indd 86

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*This is a light and tasty dish that goes well with hot crusty bread and a crisp green salad.*

eggs baked

*Serves 4*

with onions

Ingredients

Method

Butter

30 g (1 oz) + 1 tsp

- Lightly grease a shallow heatproof (flameproof) dish using Olive oil

2 Tbsp

1 tsp butter.

Onions

3, medium-sized, peeled

- In a medium-sized pan, heat oil over moderate heat. Add and thinly sliced into

onion rings and fry for 8–10 minutes or until golden brown.

rings

Hard-boiled eggs 6, shelled and sliced

- Remove pan from heat and, with a slotted spoon, transfer half the onions to buttered dish.

Salt

1 tsp

Cayenne pepper a dash

- Cover with a layer of hard-boiled eggs, then remaining Plain (all-purpose) onions. Sprinkle with salt and cayenne pepper. Set aside.

fl

our

1

Tbsp

- Preheat grill (broiler) to high.

Single (light)

cream

250 ml (8 fl oz / 1 cup)

- In a small saucepan, melt remaining butter over moderate heat. Remove pan from heat and, with a wooden spoon, stir Milk 4

Tbsp

in fl our to make a smooth paste. Gradually add cream, milk White wine

4 Tbsp

and wine, stirring constantly.

Grated Cheddar

cheese

3

Tbsp

- Return pan to heat and stir constantly for 2–3 minutes or until sauce is thick and smooth. Add 2 Tbsp cheese and

continue stirring for a further 3 minutes.

- Pour sauce over layered ingredients in dish. Sprinkle remaining cheese on top.

- Place dish under grill (broiler) and cook for about 3 minutes or until cheese is bubbling and golden brown. Serve

immediately.

**V E G E T A R I A N 87**

Egg04 Veggies P82-117.indd 87

1/9/06 3:23:07 PM



eggs baked

*A delicious dish of poached eggs baked with cream, cheese and mushrooms.*

with creamed *Serves 4*

mushrooms

Ingredients

Method

Butter

1 Tbsp + 1/2 tsp

- Preheat oven to 180°C (350°F).

Eggs

4, lightly poached

- Grease a medium-sized baking dish with 1/2 tsp butter.

White button

Arrange poached eggs in dish and set aside.

mushrooms

230 g (8 oz), wiped

and

sliced

- In a small saucepan, melt remaining butter over moderate Salt

1/

heat. When foam subsides, add mushrooms, salt, pepper and 2 tsp

Ground black

cayenne pepper. Cook, stirring occasionally, for 4–5 minutes pepper

1/4 tsp

or until mushrooms are cooked. Remove pan from heat.

Cayenne pepper a dash

- Stir cream into saucepan, mixing well with mushrooms and Single (light) their juices. Stir in parsley.

cream

90 ml (3 fl oz / 3/8 cup)

- Pour mushroom mixture over eggs. Sprinkle cheese on top Chopped fresh parsley

1

Tbsp

and bake for 15 minutes or until cheese is lightly browned.

Grated Parmesan

- Remove from oven and serve immediately.

cheese

2

Tbsp

## 88 VEGETARIAN

Egg04 Veggies P82-117.indd 88

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Egg04 Veggies P82-117.indd 89

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Egg04 Veggies P82-117.indd 90

1/9/06 3:23:15 PM

indian-style

*Curried eggs are ideal for an impromptu meal since they are quick and easy to prepare. Serve with plain rice.*

eggs

*Serves 4*

Ingredients

Method

Raisins

55 g (2 oz)

- Place raisins in a small bowl and add enough boiling water Butter

55 g (2 oz)

to just cover. Allow to soak for 10 minutes, then drain and Onions

2, medium, peeled and

set aside.

fi

nely

chopped

- Meanwhile, in a medium-sized saucepan, melt butter over Garlic

1 clove, peeled and

moderate heat. When foam subsides, add onions, garlic

crushed

and apple. Cook, stirring occasionally, for 8 minutes or until Green apple

1, small, cored and finely

diced

onions and apple are soft but not brown.

Plain (all-purpose)

- Stir in flour and curry powder with a wooden spoon. Cook, fl

our

2

Tbsp

stirring, for 3 minutes.

Curry powder

2 tsp

- Remove pan from heat and stir in milk. Return pan to

Milk

250 ml (8 fl oz / 1 cup)

heat and cook, stirring, for 3–4 minutes or until sauce has Double (heavy)

thickened. Stir in cream, salt and pepper.

cream

4

Tbsp

- Carefully fold eggs into sauce with a metal spoon. Gently Salt

1/2 tsp

simmer for 4–5 minutes or until eggs are thoroughly heated.

Ground black

pepper

1/

•

4 tsp

Remove pan from heat and transfer to a serving dish.

Hard-boiled eggs 4, shelled

Sprinkle raisins and almonds on top and serve with rice.

Almond slivers

3 Tbsp, toasted

**VEGETARIAN 91**

Egg04 Veggies P82-117.indd 91

1/9/06 3:23:19 PM

japanese

*Unlike the traditional light, fluffy French omelette, the Japanese version is slightly spicy and is cooked until it is completely set and golden brown.*

omelette

*Serves 2–4*

Ingredients

## Method

Eggs 6

- In a mixing bowl, beat eggs, water, salt, soy sauce and brown Cold water

1 Tbsp

sugar together until mixture is light and foamy. Set aside.

Salt

1/2 tsp

- In a pan, heat oil over moderate heat. Add onion and chillies.

Light soy sauce

1 Tbsp

Cook, stirring occasionally, until they are soft but not brown.

Brown sugar

1 tsp

- Pour in beaten egg mixture and cook until almost set. Lift Cooking oil

2 Tbsp

edges of setting omelette and tilt pan so any remaining liquid Onion

1 small, peeled and

egg flows to the bottom of hot pan to cook.

fi

nely

chopped

Green chillies

2, seeded and finely

- When omelette is completely set, continue cooking for 3–5 minutes or until base of omelette is golden brown.

sliced

- Remove pan from heat and slide omelette onto a serving plate. Garnish, if desired, with more cut green chillies. Serve immediately.

NOTE

Green chillies are usually not as spicy as red chillies. This recipe specifies that the seeds are removed from the green chillies, making them even less spicy. If the spiciness of this dish is still of concern to you, reduce the amount of chillies used.

**92 VEGETARIAN**

Egg04 Veggies P82-117.indd 92

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Egg04 Veggies P82-117.indd 93

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Egg04 Veggies P82-117.indd 94

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egg bread

*This beautifully light Egg Bread, or Challah, is traditionally baked for Hebrew Sabbaths and festivals. The original recipe uses poppy seeds but here, they have been replaced with black sesame seeds.*

*Makes one 900 g (2 lb) loaf*

Ingredients

Method

Plain (all-purpose)

- Sift fl our, sugar and salt into a large bowl. Add yeast, milk, fl our

450 g (1 lb / 4 cups)

eggs and oil. Use your fi ngers or a spatula to gradually draw Sugar 1

Tbsp

the fl our into the liquid. Continue mixing until fl our is fully Salt 1 1/2 tsp

incorporated and dough comes away from sides of bowl.

Dried instant

- Cover bowl with a clean, damp cloth and leave in a warm, yeast

1 packet, about 2 1/4 tsp

draught-free place for 1 1/2–2 hours or until dough has risen Milk

180 ml (6 fl oz / 3/4 cup)

and almost doubled in bulk.

Eggs 2,

beaten

- 

Cooking oil

1 Tbsp

Turn dough out of bowl onto a lightly floured surface and knead for 5–8 minutes. Divide dough into 3 ropes, each

Butter

1/2 tsp

about 30-cm (12-in) long. Fasten ropes together at one end Egg yolk

1, beaten with 1 Tbsp

cold

water

by pressing together and loosely plait (braid) them together, fastening again at the end.

Black sesame or

poppy

seeds 2

Tbsp

- Preheat oven to 220°C (425°F).
- Place loaf on a buttered baking tray and cover again with clean cloth. Set aside in a warm place for 2 hours or until loaf has risen and expanded across baking tray.

- With a pastry brush, brush top of loaf with egg yolk glaze and sprinkle sesame or poppy seeds over.
- Bake for 10 minutes, then reduce temperature to 190°C (375°F) and bake for a further 25–30 minutes or until loaf is deep golden brown.
- After removing bread from oven, tip loaf off baking tray and rap underside with your knuckles. It is cooked if it sounds hollow. If not, bake for a further 5–10 minutes.
- Cool loaf on a wire rack before serving.

## VEGETARIAN 95

Egg04 Veggies P82-117.indd 95

1/9/06 3:23:29 PM

egg and

*These delicious savoury rissoles make a light meal. They can be accompanied by a green salad.*

cheese

*Serves 2–3*

rissoles

Ingredients

Method

Milk

250 ml (8 fl oz / 1 cup)

- In a saucepan, heat milk, salt, pepper and dill over low heat Salt

1/2 tsp

for 5 minutes. Remove pan from heat and set aside to cool to Ground black lukewarm.

pepper

1/4 tsp

- In another saucepan, melt butter over moderate heat.

Dried dill

1/4 tsp

Remove pan from heat and, with a wooden spoon, stir in

Butter

30 g (1 oz)

fl our to make a smooth paste.

Plain (all-purpose)

fl

our

2

Tbsp

- Gradually add warm milk, stirring constantly. Return pan to Grated Cheddar

moderate heat and add cheese and parsley. Cook, stirring cheese

115 g (4 oz)

constantly, until sauce becomes very thick and smooth.

Chopped fresh

- Remove pan from heat and fold in eggs. Allow mixture to parsley

1

Tbsp

cool to room temperature, then refrigerate for 30 minutes.

Hard-boiled eggs 5, shelled and chopped

- Shape mixture into small patties and flatten them slightly. Dip Dried white each patty into breadcrumbs so that it is well coated all over.

breadcrumbs

30 g (1 oz)

Cooking oil

2 Tbsp

- In a large pan, heat oil over moderate heat. Add rissoles and fry them for 4 minutes on each side, or until they are golden brown. Drain on absorbent paper and serve hot.

**96 VEGETARIAN**

Egg04 Veggies P82-117.indd 96

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Egg04 Veggies P82-117.indd 97

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Egg04 Veggies P82-117.indd 98

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1

egg and corn *This delicious dish is simple and quick to prepare. Serve it with thick slices of brown bread and butter.*

savoury

*Serves 4*

Ingredients

Method

Butter

30 g (1 oz)

- In a large saucepan, melt butter over moderate heat. When Garlic

1 clove, peeled and

foam subsides, add garlic, onion and bread.

crushed

- Cook mixture, stirring occasionally, for 5–7 minutes or until Onion

1, medium-sized, peeled

onion is soft and translucent and bread crisp.

and

fi

nely

sliced

Day-old white

- Stir in soup, tomato purée, corn kernels, potatoes, salt, bread

4 slices, crusts trimmed,

pepper, paprika and Worcestershire sauce. Reduce heat to cut into small squares

low and simmer, stirring constantly, for 15 minutes or until Canned creamed potatoes are soft.

corn soup

280 ml (10 1/2 fl oz)

- In a small mixing bowl, beat eggs and milk together. Stir Tomato purée

2 Tbsp

mixture into pan.

Corn kernels

330 g (11 oz)

- Simmer for a further 10 minutes, stirring constantly, or until Potatoes

420 g (14 oz), peeled

and cut into small

mixture is thick and creamy. Remove pan from heat and

cubes

transfer to a serving dish. Serve immediately.

Salt

1/2 tsp

Ground black

pepper

1/2–1 tsp

Paprika 1

tsp

Worcestershire

sauce

1

Tbsp

Eggs 6

Milk 4

Tbsp

**V E G E T A R I A N 99**

Egg04 Veggies P82-117.indd 99

1/9/06 3:23:41 PM

egg and

*This simple tart is excellent for a family weekend lunch.*

*Makes one 22.5-cm (9-in) tart*

cream cheese

tart

Ingredients

## Method

### **Pastry**

- Prepare pastry. Sift flour and salt into a mixing bowl. Add Plain (all-purpose)

butter and vegetable shortening. Rub fat into flour with your fingers

170 g (5 1/2 oz)

finger tips until mixture resembles fine breadcrumbs.

Salt a

dash

- Add 1 Tbsp cold water and, using a table knife, mix it into Butter 45

g

(1 1/2 oz),

flour mixture. Knead dough until it is smooth. Add more cut into small cubes

water if dough is too dry. Pat dough into a ball, cover with Vegetable

greaseproof paper and refrigerate for 30 minutes.

shortening

45

g

(1 1/2 oz), cut into

small

cubes

- Preheat oven to 190°C (375°F).

Cold water

1–2 Tbsp

- Prepare filling. In a mixing bowl, beat cream cheese and cream together with a wooden spoon until mixture is

### **Filling**

smooth. Beat in eggs, spring onions, salt and pepper.

Cream cheese

250 g (9 oz)

- On a floured surface, roll out dough into a circle 0.5-cm Double (heavy) (1/

cream

125 ml (4 fl oz / 1/

4-in) thick. Lift dough using rolling pin and lay it over a 2 cup)

22.5-cm (9-in) fl an tin. Gently ease dough in and trim edges.

Eggs 6

Spring onions

- Spoon cream cheese mixture into pastry case, then bake for (scallions)

6,

fi

nely

chopped

30 minutes or until pastry case is golden brown and filling is Salt

1/

set. Serve hot.

2 tsp

Ground white

pepper

1/4 tsp

100 **VEGETARIAN**

Egg04 Veggies P82-117.indd 100

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Egg04 Veggies P82-117.indd 101

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Egg04 Veggies P82-117.indd 102

1/9/06 3:23:50 PM



egg cutlets

*A substantial, economic dish, Egg Cutlets may be served with a green vegetable or salad.*

*Serves 2–4*

Ingredients

Method

Hard-boiled eggs 4, shelled and finely

- In a large bowl, mix together hard-boiled eggs, rice, fresh chopped breadcrumbs, cheese, parsley, Worcestershire sauce, salt and Cooked white rice 2 Tbsp

pepper with a fork.

Fresh white

- Stir in egg yolk and combine well. Shape mixture into small breadcrumbs 2

Tbsp

cutlets.

Grated Cheddar

cheese

2

Tbsp

- Beat egg white lightly. Using a pastry brush, lightly coat Chopped fresh cutlets with egg white, then roll them in dried breadcrumbs.

parsley

1

Tbsp

- In a pan, melt butter over moderate heat. When foam

Worcestershire

subsides, place cutlets in pan and fry for 6–8 minutes or sauce

1

tsp

until they are golden brown on both sides.

Salt 1

tsp

- Remove cutlets from pan, drain on absorbent paper and Ground black

pepper

1/

serve immediately.

2 tsp

Egg

1, white and yolk

separated

Dried white

## NOTE

breadcrumbs 2

Tbsp

As a variation to this recipe,

Butter

60 g (2 oz)

30 g (1 oz) chopped ham may

be added to the mixing bowl.

You may then reduce the

number of hard-boiled eggs

used to three.

## **V E G E T A R I A N 103**

Egg04 Veggies P82-117.indd 103

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egg and

*This flan is a tasty way to use leftover vegetables. It may be served either hot or cold.*

vegetable

*Serves 4*

fl an

Ingredients

## **Pastry**

Green peas

2 Tbsp, blanched

Plain (all-purpose)

Salt

1/2 tsp

fl our

170 g (5 1/2 oz)

Ground white

Salt

a dash

pepper

1/4 tsp

Butter 45

g

(1 1/2 oz), cut into

Hard-boiled eggs 4, shelled and sliced

small

cubes

Grated Cheddar

Vegetable

cheese

55 g (2 oz)

shortening

45

g

(11/2 oz), cut into

small

cubes

Cold water

1–2 Tbsp

Method

### **Filling**

- Prepare pastry. Sift fl our and salt into a mixing bowl. Add Butter 45

g

(11/

butter and vegetable shortening. Rub fat into fl our with your 2 oz)

Onion

1 small, peeled and

fi ngertips until mixture resembles fi ne breadcrumbs.

fi

nely

chopped

- Add 1 Tbsp cold water and, using a table knife, mix it into Plain (all-purpose)

fl our mixture. Knead dough until smooth. Add more water if fl

our

2

Tbsp

dough is too dry. Refrigerate for 30 minutes.

Milk

315 ml (10 1/2 fl oz /

- 

11/

Preheat oven to 200°C (400°F).

4 cups)

Potato

1, large, peeled, cooked

- Roll out pastry to 0.5-cm (1/4-in) thickness and ease it into a and

sliced

20-cm (8-in) fl an or pie dish. Trim edges with a knife. Cover Carrot

1, large, peeled, cooked

pastry with aluminium foil and a layer of dried beans.

and

diced

- Bake pastry blind for 15 minutes, then remove aluminium foil and dried beans. Set pastry case aside to cool.
- Preheat grill (broiler) to high.

## 104 **VEGETARIAN**

Egg04 Veggies P82-117.indd 104

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- Prepare filling. In a small saucepan, melt butter over moderate heat. When foam subsides, fry onion for 5–7 minutes or until onion is soft.

This flan can be served hot or cold. Serve immediately after

- Remove pan from heat. With a wooden spoon, stir in flour to grilling, if you wish to serve it

make a smooth paste. Gradually add milk, stirring constantly.

hot. Otherwise, allow flan to

cool to room temperature, then

- Return pan to heat and, still stirring, bring sauce to the boil.

refrigerate for 30 minutes before

Simmer for 2–3 minutes or until sauce is thick and smooth. Stir serving.

in potato, carrot, peas, salt and pepper.

- Line bottom of pastry case with egg slices. Pour sauce over and sprinkle with cheese. Place flan under grill for 3–4 minutes or until top is lightly browned. Serve hot or cold.

Egg04 Veggies P82-117.indd 105

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Egg04 Veggies P82-117.indd 106

1/9/06 3:24:00 PM



scrambled

*This is a dish prepared by the Parsi community of western India. Serve it on freshly toasted bread for brunch.*

eggs with

*Serves 4*

chilli

Ingredients

Method

Butter

45 g (1 1/2 oz)

- In a medium-sized pan, melt butter over moderate heat.

Onion

1, medium-sized,

When foam subsides, fry onion and ginger for 5–7 minutes peeled and finely

or until onion is soft and translucent but not brown.

chopped

- Add chilli, turmeric, coriander leaves and salt. Stir well and Ginger

2.5-cm (1-in), peeled

and

fi

nely

chopped

cook mixture for 1 minute.

Green chilli

1, finely chopped

- Pour in beaten eggs, reduce heat to low and cook, stirring

1/2 tsp

constantly, until they are softly scrambled.

Chopped coriander

- Place a slice of tomato on each slice of toast. Top with leaves (cilantro)

1 1/2 Tbsp

scrambled egg mixture and garnish as desired. Serve

Salt

1/2 tsp

immediately.

Eggs 8,

lightly

beaten

- For alternative presentation, use a pastry cutter to cut Tomatoes 2,

sliced

desired shapes out of bread before topping with tomato

White bread

4 slices, toasted

slices and cooked eggs.

## **VEGETARIAN 107**

Egg04 Veggies P82-117.indd 107

1/9/06 3:24:04 PM

curried eggs

*This dish is slightly spicy, with the use of curry powder and sliced red chillies.*

*Serves 4–6*

Ingredients

Method

Cooking oil

2 Tbsp

- Heat oil in a wok and stir-fry shallots until lightly browned Shallots

3, peeled and finely

and fragrant.

sliced

- Mix curry powder with some water into a thick paste and Vegetable curry add to wok. Stir-fry until fragrant then add galangal, chillies, powder

Tbsp

coconut milk and tomatoes. Allow to simmer.

Galangal 1-cm

(1/2-in) knob,

peeled and bruised

- Add eggs and cook, stirring, until curry thickens slightly.

Red chillies

2, sliced

Garnish as desired and serve hot.

Coconut milk

375 ml (12 fl oz /

11/

2 cups)

Tomatoes

2, cut into wedges

NOTE

Hard-boiled eggs 6, shelled

For a less spicy dish, seed chillies

before using. Always handle

chillies with a pair of gloves

to avoid getting a burning  
sensation on your skin.

108 **VEGETARIAN**

Egg04 Veggies P82-117.indd 108

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Egg04 Veggies P82-117.indd 109

1/9/06 3:24:10 PM



Egg04 Veggies P82-117.indd 110

1/9/06 3:24:12 PM



tea eggs

*Although they are similar to hard-boiled eggs, Tea Eggs are lightly fragranced with tea, star anise and cinnamon, and feature a lovely marbled pattern.*

*Serves 4–6*

Ingredients

Method

Eggs 6

- Hard-boil eggs, then soak in cold water until cool.

Black tea infusion 750 ml (24 fl oz /

- Tap hard-boiled eggs gently on a work surface or using the 3 cups)

back of a spoon to crack shells all over.

Salt 1

tsp

Light soy sauce

2 Tbsp

- Bring tea infusion to the boil and stir in salt and soy sauce.

Star anise

3

Add star anise, cinnamon and eggs. Simmer over low heat for 2 hours. Watch that pot does not dry out as it simmers.

Cinnamon stick

2, each 5-cm (2-in) long

Add more water as necessary.

- Shell eggs. Eggs should have a lovely marbled pattern. Serve hot.

## **V E G E T A R I A N 111**

Egg04 Veggies P82-117.indd 111

1/9/06 3:24:16 PM

egg fried rice *This classic dish is an ideal accompaniment to other Chinese meat and vegetable dishes.*

*Serves 4*

Ingredients

Method

Eggs 2

- Break eggs into a bowl and add soy sauce, salt and half the Light soy sauce

2 tsp

spring onions. Beat lightly to mix well.

Salt

1/2 tsp

- Heat oil in a wok. Add egg mixture and stir until egg is lightly Spring onions

scrambled.

(scallions)

2,

fi

nely

chopped

- 

Cooking oil

2 Tbsp

Add rice and stir-fry to break up any lumps. Add peas and remaining spring onions. Stir-fry to mix well and heat rice Day-old cooked

long-grain rice 450 g (1 lb)

through. Serve hot.

Green peas

100 g (3 1/2 oz)

NOTE

Fried rice is usually prepared

using day-old cooked rice

because it is drier and will thus

keep its shape while absorbing

all the flavours of the ingredients.

Freshly cooked rice tends to

contain more moisture and thus  
may become mushy when stir-  
fried.

## 112 **VEGETARIAN**

Egg04 Veggies P82-117.indd 112

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Egg04 Veggies P82-117.indd 113

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Egg04 Veggies P82-117.indd 114

1/9/06 3:24:24 PM



quail

*This dish is simple to do yet very attractive and tasty.*

*Serves 5*

eggs with

mushrooms

Ingredients

Method

Dried Chinese

- Squeeze out any excess water from mushrooms and trim off mushrooms

10, large, soaked to

and discard stems.

soften

Cooking oil

2 tsp

- Marinate mushrooms with oil, salt, pepper and sugar. Leave Salt

1/

for 5 minutes.

4 tsp

Ground white

- Place mushrooms with the underside facing up on a

pepper

1/4 tsp

steaming plate and steam for 10–12 minutes.

Sugar

1/4 tsp

- Break a quail egg into each mushroom and top each with a Quail eggs

10

pea. Return to steamer and steam for another 5 minutes or Green peas

10

until eggs are cooked.

Vegetable stock

100 ml (3 1/2 fl oz)

- Meanwhile combine stock and wine in a small pot and bring Chinese cooking

to the boil. Season with soy sauce and sesame oil. Lower wine

( *hua tiao*) 1 tsp, or dry sherry

heat and stir in corn fl our mixture to thicken sauce.

Light soy sauce

1 tsp

Sesame oil

1/

- Pour sauce over mushrooms and serve hot.

2 tsp

Corn fl our

(cornstarch)

1 tsp, mixed with

1

Tbsp

water

**V E G E T A R I A N 115**

Egg04 Veggies P82-117.indd 115

1/9/06 3:24:28 PM



chawanmushi *In Japan, chawanmushi is prepared in special chawanmushi cups with lids. If you don't have these cups, porcelain rice bowls or ramekins will do.*

(egg custard)

*Serves 4*

Ingredients

Method

Dashi or chicken

- Mix together dashi or chicken stock, soy sauce, mirin, salt stock

435 ml (14 1/2 fl oz /

and eggs in a bowl.

13/

4 cups)

Japanese soy

- Divide egg mixture equally among 4 cups and drop a slice sauce

1

tsp

of mushroom into each.

Mirin 1

tsp

- Cover cups with lids or aluminium foil, then steam for Salt

1/2 tsp

5 minutes. Do not use too high a heat or eggs will curdle Eggs

3, lightly beaten

and become tough.

Fresh shiitake

- Reduce heat and leave to steam for another 12–15 minutes mushroom

1, cut into 4 slices

or until mixture is set.

Edamame 4,

pods

removed

- Drop an edamame into each cup as garnish. Serve hot.

116 **VEGETARIAN**

Egg04 Veggies P82-117.indd 116

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Egg04 Veggies P82-117.indd 117

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Egg05 Desserts P118-137.indd 118

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1

>>Custard Tart **120**Jam Omelette **123**Rich Chocolate Cream **124**Chocolate  
Egg Custard **127**Egg Puffs with Custard **128**Fu Chok Tong Shui **131**Spanish  
Caramel Custard **132**

Coconut Macaroons **135**

snacks & desserts Baked Chinese Cake **136**

119

Egg05 Desserts P118-137.indd 119

1/9/06 3:37:00 PM

custard tart

*A smooth, creamy, delicately flavoured custard in a rich shortcrust pastry shell.*

*Serves 4*

Ingredients

Method

Plain (all-purpose)

- Preheat oven to 200°C (400°F).

fl our

170 g (5½ oz)

- Sift fl our and salt into a mixing bowl. Add 115 g (4 oz) butter Salt a

dash

and cut it into small pieces with a table knife. Rub fl our and Butter

115 g (4 oz) + 1 tsp

butter together with your fingertips until mixture resembles Castor (superfine)

fine breadcrumbs. Mix in sugar.

sugar

2

tsp

Egg yolk

1, small, lightly beaten

- Add beaten egg yolk with 1 Tbsp cold water and mix with the knife. With your hands, mix and knead dough until smooth.

Cold water

1–2 Tbsp

Add more water if dough is too dry. Chill dough in the refrigerator for 30 minutes.

## **Custard**

Egg

1

- Using remaining butter, grease a 17.5–20-cm (7–8-in) fl an tin with a removable bottom.

Egg yolks

2

Sugar 2

Tbsp

- Roll out pastry 5 cm (2 in) larger in diameter than fl an tin, Plain (all-purpose)

then ease into tin and trim edges. Refrigerate for 10 minutes.

fl

our

1

Tbsp

- Remove lined tin from refrigerator and bake blind (see pg Milk

160 ml (5 1/2 fl oz)

104) for 10 minutes. Remove from oven and set aside to cool.

Single (light)

cream

160 ml (5 1/2

- Lower oven temperature to 170°C (340°F).

2 fl oz)

Butter 1

Tbsp,

melted

- Prepare custard. In a mixing bowl, beat egg, egg yolks and Vanilla essence sugar together until mixture is thick and pale in colour. Mix in (extract)

1

tsp

fl our, then milk, cream, melted butter and vanilla essence.

- Pour into pastry case and bake for 45–50 minutes or until custard is light brown and set. If pastry or filling browns too quickly, cover with a piece of aluminium foil to prevent burning.
- Let tart cool for 10 minutes before removing from tin.

Serve cold.

## **120 SNACKS & DESSERTS**

Egg05 Desserts P118-137.indd 120

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Egg05 Desserts P118-137.indd 121

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Egg05 Desserts P118-137.indd 122

1/9/06 3:37:07 PM

1

## jam omelette

*This makes an interesting dessert. Any thick jam may be used but a dark-coloured fruit jam, such as raspberry, will look more attractive than a pale one, such as apricot.*

Serves 2

### Ingredients

### Method

Eggs 4

- In a mixing bowl, beat eggs, sugar and salt together.

Castor (superfine)

- In a pan, melt butter over moderate heat. When foam

sugar

1/2 Tbsp

subsides, pour in egg mixture.

Salt a

dash

Butter

30 g (1 oz)

- Tilt and rotate pan to allow liquid mixture to run from the Thick jam

2 Tbsp

centre to the edges.

- When omelette begins to set, place jam on one half of omelette, leaving edges clear.
- With a spatula or palette knife, fold omelette over and slide it onto a cutting board. Cut omelette in half and serve immediately.

## **S N A C K S & D E S S E R T S 123**

Egg05 Desserts P118-137.indd 123

1/9/06 3:37:11 PM

rich chocolate *This mouthwatering chocolate cream can be served with any topping of choice.*

cream

*Serves 4*

Ingredients

Method

Dark (semi-sweet)

- Place chocolate, sugar and milk in a heavy saucepan. Set over cooking low heat and cook, stirring frequently, for 3–5 minutes or chocolate

115 g (4 oz), broken

until sugar has dissolved and chocolate has melted. Remove into small

pieces

from heat and set aside.

Castor (superfine)

sugar

55 g (2 oz)

- Beat egg yolks in a heatproof (flameproof) mixing bowl.

Milk

315 ml (10 1/2

2 fl oz /

Gradually add milk mixture, beating constantly.

11/

4 cups)

- Set bowl in a pan half-filled with hot water. Set pan over low heat. Beat egg yolks

4

heat and cook mixture, stirring constantly with a wooden spoon or

spoon, until mixture coats the back of the spoon. This will be done when

3

Tbsp

take some time.

Double (heavy)

cream

315 ml (10 1/2 fl oz /

- Remove pan from heat. Lift bowl out of pan. Stir in rum or 11/

4 cups)

brandy and set aside to cool completely, stirring occasionally.

### **Topping**

- Pour cream into another mixing bowl and beat until stiff. Cocoa powder peaks form. Fold cream into cooled chocolate custard,

(optional)

blending thoroughly.

### **Icing**

- Pour mixture into a chilled glass serving bowl or individual (confectioner's)

glasses and refrigerate for 4 hours.

sugar

(optional)

- Sprinkle with topping ingredients or decorate as desired before serving.

## **124 SNACKS & DESSERTS**

Egg05 Desserts P118-137.indd 124

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Egg05 Desserts P118-137.indd 125

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chocolate egg *This rich and nutritious dish, flavoured with cocoa, is always a favourite with children. Serve as a light snack at any time of the day.*

custard

*Serves 6–8*

Ingredients

Method

Milk

500 ml (16 fl oz / 2 cups)

- Combine all ingredients in a bowl and whisk until

Large eggs

4

ingredients are well mixed.

Sugar 4

Tbsp

- Pour mixture into 6–8 ramekins and cover with aluminium Cocoa powder

4 Tbsp

foil.

- Place ramekins in a steamer and steam over rapidly boiling water for 20 minutes or until custard is set.

- Remove from heat. If serving hot, serve immediately. If serving cold, leave to cool to room temperature before

refrigerating for 30–45 minutes.

## **S N A C K S & D E S S E R T S 127**

Egg05 Desserts P118-137.indd 127

1/9/06 3:37:23 PM

egg puff s

*These light puffs are ideal served at parties. Omit the custard and fill them with ice cream for a great treat for children.*

with custard

*Makes 15–20 puffs*

Ingredients

Method

### **Choux Pastry**

- Bring water to the boil in a pot and add sugar. Stir to melt Water

250 ml (8 fl oz / 1 cup)

sugar. Return to the boil and add butter. Stir until completely Sugar 1

tsp

melted.

Butter

125 g (4 1/2 oz)

- Reduce heat and pour in fl our all at once, stirring to Plain (all-purpose)

incorporate. You should get a smooth batter that leaves the fl our

140 g (5 oz), sifted

sides of the pot.

Eggs 4

- Leave batter to cool slightly before beating in eggs, one at a time. Ensure egg is completely incorporated before adding **Custard**

the next one.

Custard powder

60 g (2 oz)

- Pipe or spoon small mounds of batter onto a baking tray.

Sugar 80

g

(2 1/2 oz)

Milk

500 ml (16 fl oz /

- Bake in a preheated oven at 220°C (440°F) for 15 minutes, 2

cups)

then reduce heat to 150°C (300°F) and bake for another

Vanilla essence

10 minutes.

(extract)

1

tsp

- Remove puff s from tray immediately to avoid sticking.
- Combine custard ingredients in a pan and stir until well mixed. Cook over medium heat, stirring until custard thickens.

Refrigerate until chilled before using.

- When puff s are slightly cooled, make a slit in each one and fi ll with custard. Serve immediately.

## **128 SNACKS & DESSERTS**

Egg05 Desserts P118-137.indd 128

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Egg05 Desserts P118-137.indd 129

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Egg05 Desserts P118-137.indd 130

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fu chok

*This is a Chinese dessert that can be served both hot or cold. Adjust the amount of sugar used to your personal preference.*

tong shui

*Serves 4*

Ingredients

Method

Bean curd sticks

180 g (6 oz), soaked to

- Break or cut bean curd sticks into shorter lengths and place soften and drained

in a pot.

Canned ginkgo

- 

nuts

30

Add all other ingredients, except eggs.

Rock sugar

125 g (41/

- Bring to the boil and simmer for about 1 hour 30 minutes or 2 oz)

Water

1 litre (32 fl oz / 4 cups)

until bean curd sticks are very soft and broken up.

Eggs 2,

lightly

beaten

- Turn off heat and pour egg into soup in a slow steady stream about 10–12.5 cm (4–5 in) above pot while stirring in a single direction to form thin ribbons.

- If serving hot, ladle into individual bowls and serve immediately. If serving cold, leave to cool slightly before refrigerating for about 1 hour.

NOTE

Using canned ginkgo nuts is

convenient as it does away

with the need to shell the fresh

nuts, and to soak them and

remove their skins and bitter

shoots.

**S N A C K S & D E S S E R T S 131**

Egg05 Desserts P118-137.indd 131

1/9/06 3:37:35 PM

spanish

*This traditional Spanish dessert is essentially a custard lightly flavoured with orange and coated with caramel.*

caramel

*Serves 4*

custard

Ingredients

Method

Milk

625 ml (20 fl oz /

- Heat milk and 50 g (2 oz) sugar together until sugar dissolves.

21/

2 cups)

Leave to cool.

Sugar

175 g (6 oz)

- Beat eggs well and add orange zest. Pour sweetened milk Eggs 4 into eggs, whisking thoroughly. Set aside.

Orange zest

2 tsp

- Preheat oven to 180°C (350°F).

Water 2

Tbsp

Hot water

- To make caramel, heat remaining sugar in a clean, dry saucepan until it dissolves and turns a rich golden brown. Do not stir but swirl around the pan if necessary. When caramel reaches the right shade, remove from heat and stir in 2 Tbsp water. The caramel will bubble up, so be careful.
- Working quickly, hold moulds with an oven glove and pour a little caramel into each ramekin, swirling it around to coat the sides.
- Strain custard to remove orange zest and carefully pour into ramekins. Stand them in a baking dish and pour in enough hot water to rise halfway up the sides of ramekins. Place in the oven for 30 minutes.
- To test if custard is done, insert a skewer into the centre. The skewer should come out clean. Remove from hot water and allow to cool before refrigerating.
- To serve custard, cover each ramekin with a small upturned plate. Carefully turn over and lift off ramekin.

## 132 **SNACKS & DESSERTS**

Egg05 Desserts P118-137.indd 132

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Egg05 Desserts P118-137.indd 133

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Egg05 Desserts P118-137.indd 134

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1

coconut

*These classic cakes are moist and chewy. Serve with a hot cup of tea.*

*Makes 18*

macaroons

Ingredients

Method

Desiccated

- Preheat oven to 180°C (350°F).

coconut

225 g (7 1/2 oz)

- Mix coconut, sugar and egg whites together in a small Castor (superfine)

sugar

275 g (9 oz)

saucepan and place over low heat until mixture is warm but Egg whites

5

not hot. Stir constantly with a wooden spoon.

Butter for

- Remove pan from heat and leave mixture to cool in pan.

greasing

- Grease a baking tray and cover with greaseproof paper.

Glacé (candied)

cherries

9,

halved

- Using a tablespoon, spoon 18 mounds of mixture onto greaseproof paper, leaving enough space in between for macaroons to expand during baking. Alternatively, spoon into baking cups.
- Top each macaroon with half a glacé cherry, then bake for 20 minutes or until light golden brown. Remove from oven and leave baking tray to cool on a wire rack.
- If using greaseproof paper, peel it off baking tray and cut between cooled macaroons. Leave a layer of paper on the base of each macaroon. Store in an airtight container.

#### NOTE

Instead of shaping the macaroons into mounds, you can also press them down slightly to flatten them. This will make the macaroons slightly crispier.

**S N A C K S & D E S S E R T S 135**

Egg05 Desserts P118-137.indd 135

1/9/06 3:37:46 PM

baked

*These small cakes are somewhat like the sponge cake, but drier as cooking oil is used in place of butter.*

chinese cake

*Makes 8*

Ingredients

Method

Large eggs

3

- Preheat oven to 180°C (350°F). Grease 8 baking cups, each Castor (superfine)

10 x 5 cm (4 x 2 in), then lightly coat with flour.

sugar

140 g (5 oz)

- Beat eggs, sugar, honey and ovalette together until mixture is Honey 1

Tbsp

light and fluffy.

Ovalette 1

tsp

Water 3

Tbsp

- Add water, vanilla essence and oil. Mix well.

Vanilla essence

- Fold in both fl ours and baking powder, then spoon batter (extract)

1

tsp

into prepared baking cups.

Cooking oil

70 ml (2 1/2 fl oz)

- Bake for 15 minutes. Turn baking cups over to pop cakes out Plain (all-purpose)

of cups. Leave to cool slightly before serving.

fl our

160 g (5 1/2 oz), sifted

Corn fl our

(cornstarch) 1

Tbsp,

sifted

NOTE

Baking powder

1 tsp, sifted

As with other cake and cup cake recipes, you can also use moulds of different shapes and sizes to bake this Chinese cake.

## **136 SNACKS & DESSERTS**

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Egg05 Desserts P118-137.indd Sec1:137

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glossary

Egg06 Glossary P138-144.indd 138

1/9/06 3:57:30 PM



Egg06 Glossary P138-144.indd 139

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### **1. Bean curd sticks**

Made from boiling soy milk, then lifting the skin that forms on the surface and drying it. These brittle, cream-coloured sticks are commonly used in braised dishes, soups and desserts. Like bean curd, it is a gluten-free food.

### **2. Black moss**

This coarse black vegetable is also known as hair moss or hair vegetable. It is actually a freshwater algae and is popularly used in Chinese cooking, especially during the Chinese new year. This is because its Chinese name, *fa cai*, means **1.**

**2.**

“wealth”, a good omen for the festive occasion. Black moss is relatively bland and takes on the flavour of the ingredients it is cooked with readily.

### **3. Black sesame seeds**

These small, flat, tear-drop shaped seeds have a nutty flavour and are used in both sweet and savoury dishes. Sesame seeds have a high oil content and can be stored in an airtight container in a cool, dark place for up to 3 months.

Substitute with white sesame seeds if unavailable, although the black variety is more flavourful. White sesame seeds are often toasted before use to enhance their flavour.

3.

4.

#### **4. Candlenuts**

These hard nuts have a high oil content and were once used to make candles.

They are usually crushed or ground and used as a thickening agent in curries or sauces. Store in the refrigerator.

#### **5. Century eggs**

Century eggs are made from duck eggs. Fresh duck eggs are covered in a paste of leaves, ash, lime, salt and water and then left to cure for a few weeks.

Scrape off the paste and wash the eggs before using. The shelled egg will reveal a dark, translucent white and a creamy, dark green yolk with a rather pungent flavour. Century eggs do not require cooking.

5.

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## **6. Chinese cooking wine**

Made from fermented glutinous rice, Chinese cooking wine was originally from Shao Xing in Zhejiang province, and so the wine is today also commonly known as Shao Xing wine. Store in a cool, dark place, away from direct sunlight.

## **7. Coconut milk**

This is not to be confused with the watery coconut juice found in the inside of a fresh coconut. Coconut milk is obtained from squeezing grated coconut flesh with warm water. The white milk is fragrant and is used to flavour many sweet and savoury Asian dishes. Coconut milk or coconut cream, a thicker version, are available pre-packed from supermarkets. Thin down coconut cream with water until the consistency of milk is achieved.

## **8. Courgettes (zucchini)**

Courgettes look somewhat like long slender cucumbers and the skin colour can vary from dark to light green. A yellow variety is also available. The flesh is a light, cream colour and the flavour is delicate. Courgettes can be eaten raw, baked, grilled or sautéed.

## **9. Dried Chinese mushrooms**

These are dried shiitake mushrooms. They have a more robust, earthy flavour compared to fresh shiitake mushrooms, but must be soaked in warm water **6.**

for at least 30 minutes to soften before use. The stems are usually trimmed and discarded as they are too tough to be eaten.

## **10. Dried instant yeast**

Available as tiny granules sealed in foil envelopes, dried instant yeast is dormant but can be activated with warm water or moisture. Store in a cool, dark place or in the refrigerator.

7.

8.

9.

10.

## **G L O S S A R Y 141**

Egg06 Glossary P138-144.indd 141

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### **11. Edamame**

These are fresh soy beans, often sold still in their bright green pods. The pods are short and often contain only two to three beans. Edamame is often served simply steamed and salted then removed from the pods and eaten.

### **12. Fresh Shiitake mushrooms**

These fresh mushrooms are large and meaty and are often used as a meat substitute in vegetarian dishes. They are commonly stir-fried or used in soups but are milder in flavour than the dried variety.

### **13. Ground turmeric**

This is the powdered version of fresh turmeric. Easily identified by its brilliant yellow-orange colour, ground turmeric has a pungent but pleasant flavour and is commonly used in curries. As with all ground spices, store in a cool, dark place. Turmeric stains easily, so handle with care.

### **14. Lemon grass**

Also known as citronella, lemon grass has a fresh, lemony flavour. It is usually added to curries or stews for the length of cooking time and then removed before the dish is served, since it cannot be eaten. Cut off and discard the green upper stalks and use only the lower bulbous stem. Crush or bruise to get the most of its flavour.

### **11.**

### **15. Nutmeg**

This hard, light brown oblong-shaped seed is about 2.5-cm (1-in) long. Its flavour is warm and sweet. Although nutmeg is available ground, freshly grated nutmeg is superior and should be used where possible. Grate nutmeg with a small kitchen grater.

12.

13.

14.

15.

Egg06 Glossary P138-144.indd Sec1:142

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## **16. Ovalette**

Ovalette is a cake emulsifier and it is added to cake batters to give cakes a lighter, more voluminous texture. It is available at some supermarkets and most baking specialty stores.

## **17. Salted eggs**

Salted eggs are made from duck eggs. The fresh eggs are coated with a paste made from clay, salt and water and then left for a few weeks. Salted eggs are usually sold, still coated with the paste. Scrape off the paste and wash the

**16.**

eggs before using. Raw salted eggs have a clear runny white and hard, yellow yolk. Salted eggs are usually hard-boiled. The yolks are also used to add a salty flavour to Chinese pastries.

### **18. Turmeric**

As with the ground version, this root spice has a pungent but pleasant flavour, and an incredible staining ability. Handle with care. Its thin, light brown skin often allows its bright orange flesh to peek through, so it is easily identifiable.

Scrape off the thin brown skin before using.

### **19. Vegetable shortening**

This is a solid fat made from vegetable oils and is white in colour. Vegetable shortening is flavourless and unlike butter, it can be stored at room temperature. It is used as with butter, in baking or cooking.

**18.**

### **20. White button mushrooms**

These mushrooms are round and have short, thick stems. They can be eaten raw but are also often cooked as this helps enhance their flavour. Most cooks simply wipe it clean before use, although some prefer to peel off the top layer from the caps.

**19.**

**20.**

**G L O S S A R Y 143**

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Quantities for this book are given in Metric, Imperial and American (spoon and cup) measures. Standard spoon and cup measurements used Weights and

are: 1 tsp = 5 ml, 1 Tbsp = 15 ml, 1 cup = 250 ml. All measures are level unless otherwise stated.

Measures

## **Liquid And Volume Measures**

### **Dry Measures**

Metric Imperial

American

Metric Imperial

5 ml

1/6 fl oz

1 teaspoon

30 grams

1 ounce

10 ml

1/3 fl oz

1 dessertspoon

45 grams

1 1/2 ounces

15 ml

1/2 fl oz

1 tablespoon

55 grams

2 ounces

60 ml

2 fl oz

1/4 cup (4 tablespoons)

70 grams

2 1/2 ounces

85 ml

2 1/2 fl oz

1/3 cup

85 grams

3 ounces

90 ml

3 fl oz

3/8 cup (6 tablespoons)

100 grams

3 1/2 ounces

125 ml

4 fl oz

1/2 cup

110 grams

4 ounces

180 ml

6 fl oz

3/4 cup

125 grams

4 1/2 ounces

250 ml

8 fl oz

1 cup

140 grams

5 ounces

300 ml

10 fl oz (1/2 pint)

1 1/4 cups

280 grams

10 ounces

375 ml

12 fl oz

1 1/2 cups

450 grams

16 ounces (1 pound)

435 ml

14 fl oz

1 3/4 cups

500 grams

1 pound, 1 1/2 ounces

500 ml

16 fl oz

2 cups

700 grams

1 1/2 pounds

625 ml

20 fl oz (1 pint)

2 1/2 cups

800 grams

1 3/4 pounds

750 ml

24 fl oz ( $1\frac{1}{5}$  pints)

3 cups

1 kilogram

2 pounds, 3 ounces

1 litre

32 fl oz ( $1\frac{3}{5}$  pints)

4 cups

1.5 kilograms

3 pounds,  $4\frac{1}{2}$  ounces

1.25 litres

40 fl oz (2 pints)

5 cups

2 kilograms

4 pounds, 6 ounces

1.5 litres

48 fl oz ( $2\frac{2}{5}$  pints)

6 cups

2.5 litres

80 fl oz (4 pints)

10 cups

## **Length**

Metric Imperial

0.5 cm

1/4 inch

## **Oven Temperature**

1 cm

1/2 inch

°C °F

Gas Regulo

1.5 cm

3/4 inch

Very slow

120

250

1

2.5 cm

1 inch

Slow 150

300

2

Moderately slow

160

325

3

### **Abbreviation**

Moderate 180 350 4

tsp teaspoon

Moderately hot

190/200

375/400

5/6

Tbsp tablespoon

Hot 210/220

410/425

6/7

g gram

Very hot

230

450

8

kg kilogram

Super hot

250/290

475/550

9/10

ml millilitre

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