

EGGS AND OMELETS

GENERAL RULES.

Eggs are fresh if they are dull and rough in appearance.

They should be washed as soon as brought from the store, and kept in a cool place.

The unbroken yolk of an egg may be kept from hardening by covering it with cold water. If not used in two days water should be changed. Keep white of egg covered in a cool place.

SOFT COOKED EGGS.

METHOD I.

Boil water, remove to back of range, place in egg, and allow to stand from 3 to 5 minutes for one or two eggs; from 5 to 8 minutes for several.

METHOD II.

Place eggs in cold water, heat gradually to boiling point and remove eggs at once.

HARD COOKED EGGS.

METHOD I.

Place the eggs in boiling water, remove to back of range, cover, and allow to stand 30 minutes; then put into cold water if eggs are to be used as a garnish.

METHOD II.

Place eggs in cold water, heat gradually to boiling point; remove to back of range, cover, and let stand 20 minutes.

POACHED EGGS.

Break each egg into a saucer, slip the egg into boiling water to cover, remove to cooler part of range. When white is firm, and a film has formed over the yolk, the egg is cooked. Take up with a skimmer, drain, and serve on slices of toast. Season.

CREAMY EGG.

2 eggs.
2 tsp. butter.
 $\frac{1}{2}$ c. milk.

$\frac{1}{2}$ tsp. salt.
Pepper.
Dry toast.

Beat the eggs slightly and add the butter, seasoning and milk. Cook in double boiler. When the egg coagulates around the sides and bottom of the boiler lift it away with a spoon. Continue in this way until all of egg is cooked. If cooked too much, the egg will curdle. Serve on toast.