



Economical Egg Recipes

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THIS is the season of the year when eggs are most plentiful. Now is the time to preserve them in waterglass for next winter.

Eggs are a very valuable, highly concentrated food. They are rich in protein, necessary for building muscle. They also contain a large proportion of iron and phosphorus, both very essential to the well-being of the human body.

There are a great many recipes for cooking eggs, but they are all really variations of a few simple methods—boiling, poaching, scrambling, frying, baking and making into omelets.

Boiled Eggs

Place the eggs in a saucepan of boiling water, sufficient to cover the eggs. Keep the water below the boiling point. Cook them five to ten minutes, according to the consistency desired, for "soft-boiled" or "coddled eggs."

For "hard-boiled" eggs, leave in the water forty-five minutes. Plunge at once in cold water to prevent discoloration of the yolk, if they are not to be used immediately.

Golden Rod Eggs

Chop the whites of hard-boiled eggs, add to white sauce, serve on toast, with the yolks, put through a potato ricer, sprinkled on top.

Scalloped Eggs

Put alternate layers of sliced hard-boiled eggs and white sauce in a bake dish, cover with buttered crumbs, and heat thoroughly in the oven. Layers of cheese or any desired chopped cooked meat or fish, may also be added.

Curried Eggs

Make a white sauce of: 2 tablespoons butter, 2 tablespoons flour, ¼ teaspoon salt, ¼ teaspoon curry powder, ½ teaspoon pepper, 1 cup hot milk.

Reheat hard cooked eggs, cut in quarters lengthwise, in this sauce.

Japanese Eggs

Slice hard-cooked eggs. Reheat in white sauce. Serve on toast. Garnish with green peas.

Stuffed Eggs

Cut hard-boiled eggs in halves. Remove the yolks, setting the whites aside. Mash yolks, season with salt and pepper, and any desired cold meat or chicken chopped very fine, or cheese. Moisten with melted butter or salad dressing. Refill the whites with this mixture.

Poached Eggs

Serve poached eggs on mounds of boiled or steamed rice, with tomato sauce.

Cover slices of toast with mushrooms salted in butter. Place a poached egg on each. Pour over them white sauce seasoned with cheese.

Fried Eggs

Serve fried eggs in the centre of a platter, surrounded by a border of rice potato, and around that a border of green peas and slices of broiled ripe tomatoes.

Baked Eggs

Butter a baking dish. Break eggs carefully into it. Season with salt and pepper and grated cheese if desired, and place in the oven till whites are firm.

Eggs in Potato Nests

Make cakes of mashed potato, seasoned well. Make a depression in the centre of each. In this drop an egg. Place in the oven till the egg is cooked.

Scoop enough pulp from ripe tomatoes to make room for an egg carefully dropped in each. Sprinkle with salt and pepper, and cook in a baking dish in the oven till the whites of the eggs are firm.

Scrambled Eggs

Use tomato sauce in place of milk in scrambling eggs.

Add cooked diced bacon to scrambled eggs.

Add sautéed mushrooms to scrambled eggs, and serve on toast.

SOME APPETIZING BREAKFAST RECIPES

Many consider breakfast the most important meal of the day, and while eggs are generally the most popular item on the breakfast bill of fare, yet there are many other delightful appetizing items to consider, a few of which are listed here below:

Cocoanut and Cornmeal Waffles

Beat two eggs until light, add two cupfuls of sour milk or buttermilk, two cupfuls of flour sifted with one teaspoonful each of baking powder, salt and sugar; melt one tablespoonful each of butter and lard and add them with one teaspoonful of baking soda dissolved in one tablespoonful of warm water, one-fourth cupful of cornmeal and one-half cupful of chopped cocoanut. Mix

carefully and cook on hot, well-greased waffle irons. Serve hot with butter and syrup.

Cream Toast with Cheese

Sprinkle hot toasted bread thickly with grated cheese, and place in a moderate oven until the cheese melts. Pour over white sauce and serve hot.

Another method is to cook one tablespoonful of flour in two tablespoonfuls of melted butter, add one teaspoonful of salt, and gradually stir in one pint of hot milk or cream. Stir until it thickens, then pour over slices of dry toast. Sprinkle over with grated cheese and serve hot.

Fried Hominy Slices

Pack some boiled hominy very closely in a greased bread pan. Cool, cut into thick slices, and fry in hot fat. Serve on hot platter alone or with chops.



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