

Moulded Eggs

Butter small individual moulds and sprinkle with chopped parsley. Break each egg into a saucer and slip gently into a mould. Put the moulds in a pan about one-quarter full of hot water. Cover and steam about 10 minutes, or until set. Turn out and serve on a round of toast covered with freshly cooked chopped spinach or with white or tomato sauce.

POACHED EGGS

A well poached egg is nicely rounded, the yolk evenly and completely covered by the white. The white is well set but not tough.

Break each egg separately into a saucer and slip into sufficient boiling water to cover, or drop the eggs into buttered rings. 1 T. salt to 1 qt. water may be used, but if no salt is used the eggs have a shinier appearance. Keep the water hot without letting it boil and allow the eggs to stand until they are of the desired consistency, from 3 to 6 minutes.

Serve on toast, slices of broiled ham or on vegetables.

Poached Eggs With Asparagus

Place poached eggs on pieces of toast and arrange hot asparagus tips to form a triangle. Over each egg pour cheese sauce, or a spoonful of Hollandaise Sauce.

Eggs Poached in Cream

Put 1 T. butter and 1 c. thin cream in a pan set in another one containing water. Add ½ t. salt and a few grains of pepper. When the cream is hot drop in six fresh eggs. With a spoon dip up the cream over the eggs. When the eggs are firm place each one on a piece of toast and pour over it some of the cream. Sprinkle with paprika or chopped parsley.

FRIED EGGS

A well fried egg is somewhat similar in appearance to a poached egg. The white is firm and white in colour but not tough and leathery.

Heat the fat in a frying pan and slip in the eggs so that they do not touch. Baste with some of the fat to cook the top, or cover the pan when the top of the egg is steam cooked. Putting 2 or 3 tablespoons of water into the pan when the eggs have begun to set gives them a glossy appearance. Cook at a low temperature to avoid toughening the eggs.

OMELETTES

The perfect omelette has a rich, even, golden brown colour, is light and tender and retains its shape during serving. It is moist but well cooked. An omelette must be mixed quickly, not allowed to cook too long, and served without delay on a hot dish.

Omelettes are of two general types. The proportions and ingredients used are similar but the methods of mixing and cooking differ. Allow one egg for each person to be served.

Foamy Omelette

1 egg ½ t. salt speck of pepper 1 T. hot water 1 t. butter

Separate white and yolk of egg. Add salt to the white and pepper to the yolk. Beat yolk and add water. Beat white until stiff, and fold the yolk mixture into the white. Melt the butter in a pan making sure that the sides are greased. Add the egg and cook at a low temperature until the omelette is light and the bottom a delicate brown. Put in a moderate oven to dry the top. Make two cuts in the omelette at right angles to the handle of the pan and fold it over as it is slipped out of the pan on to a hot platter.

French Omelette

4 eggs 4 T. Milk ½ t. salt ⅛ t. pepper 2 T. butter

Beat eggs until yolks and whites are well mixed. Add the milk and seasonings. Melt butter in a warm omelette pan and put in the egg mixture. As it cooks, pick up with a spatula until the whole is of a creamy consistency. Increase the heat to brown the omelette. Fold and turn on to a hot platter.

Variations: for French or Foamy Omelette:

1. Sprinkle 2 T. grated cheese, chopped ham or bacon, chopped parsley or hot mince meat over one-half of the omelette before folding.

2. Place cooked vegetables such as corn, peas, asparagus, mushrooms, or celery, heated and lightly seasoned, on one-half of the omelette and fold the other half over.

3. Add cooked vegetables to the egg mixture before placing it in the pan.

4. Omit the pepper, use half the quantity of salt and 1 t. sugar for each egg. Spread jelly, jam or marmalade over the omelette before folding.

5. To 3 eggs add 2 T. fruit sugar, 1 t. lemon juice, 2½ T. orange juice, 2 oranges. Fold in the fruit juice and one-third of the orange sections well sprinkled with fruit sugar. Put remaining sections around omelette and sprinkle with sugar.

SAUCES FOR OMELETTES

Tomato Sauce

1 c. tomato juice ¼ t. onion juice 1 T. flour
bit of bay leaf 1 T. butter ¼ t. salt
sprig of parsley pepper

Simmer tomato juice with bay leaf, parsley and onion for a few minutes. Strain and make like a white sauce with butter, flour and seasonings.

Spanish Sauce

1 t. butter 3 chopped mushrooms ¼ t. salt
1 t. chopped green pepper ½ t. flour speck pepper
1 t. chopped onion ¼ t. celery salt 1 c. tomatoes

Melt fat, add green pepper, onion and mushrooms. Cook slowly for 3 minutes, add flour and seasonings. Mix well. Add tomato and simmer gently until thick. Serves 6.

CUSTARDS

A soft custard is smooth in texture and of such a consistency that it may be poured. It is sometimes called a custard sauce.

If the custard is cooked in a mould in the oven it is called a baked custard. A good baked custard is of a smooth, jelly-like consistency, free from air bubbles. It is shiny in appearance and will not whey off.

Soft Custard

2 eggs or 4 yolks ½ t. vanilla
¼ c. sugar speck of salt
1 pint milk

Beat egg, add sugar and stir until blended. Add hot milk and strain. Cook in a double boiler, stirring constantly until the mixture coats the spoon. Cool and add flavouring. To prevent a scum, cover partially while cooling.

If a custard is cooked too long or at too high a temperature, it will curdle. If it does curdle slightly, take it immediately from the heat, set in a pan of cold water and beat it vigorously with a Dover egg-beater.