

COOKING CLASSES
AT SUR LA TABLE

FOCUS SERIES:
EGGS 101



Follow @surlatable to share your cooking class photos with us! #surlatablecookingclass

Ingredient Shopping List

Below is a list of ingredients you'll need to make the recipes in this packet.

Proteins

- ☐ 12 large eggs

Dairy/Refrigerated

- ☐ Unsalted butter
- ☐ Gruyere cheese

Pantry Items and Wine

- ☐ Kosher salt
- ☐ Distilled white vinegar

Equipment Needed

Below is a list of tools you'll need to make the recipes in this packet.

Cutlery

- ☐ Paring knife

Hand Tools/Gadgets

- ☐ Slotted spoon
- ☐ Liquid measuring cups
- ☐ Measuring spoons
- ☐ Instant-read thermometer
- ☐ Small dish
- ☐ Mixing bowls, various sizes
- ☐ Whisk
- ☐ Cheese grater
- ☐ Fork

Cookware

- ☐ Large pot
- ☐ Large saucepan
- ☐ 8-inch non-stick skillet

Other

- ☐ Paper towels



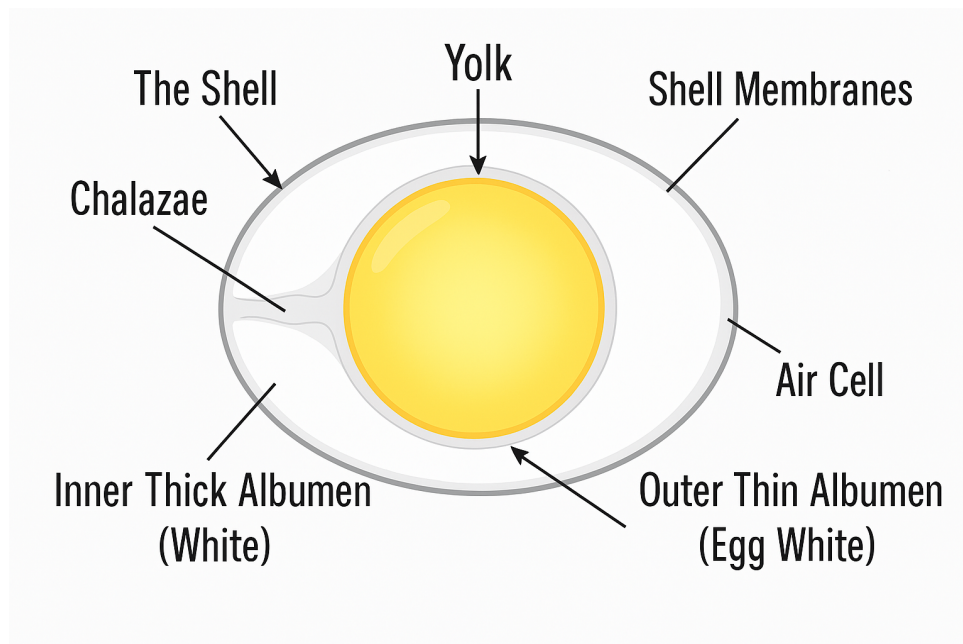
EGG ANATOMY

Eggs are composed mostly of water with proteins, fats, and minerals. Eggs are a versatile food that are prepared as a standalone food or combined with other ingredients to create sauces, custards, batters, and foams.

Egg yolks are high in protein, fat, and cholesterol. Egg whites are 90% moisture and 10% protein. The yolks are 50% moisture, 30% fat, and 20% protein. Yolks also contain lecithin, an emulsifier essential for the preparation of hollandaise and mayonnaise. Egg yolks add richness and moisture to preparations such as cakes, soufflés, and custards. Egg whites, when foamed, act as leavening agents in cakes, giving them volume.

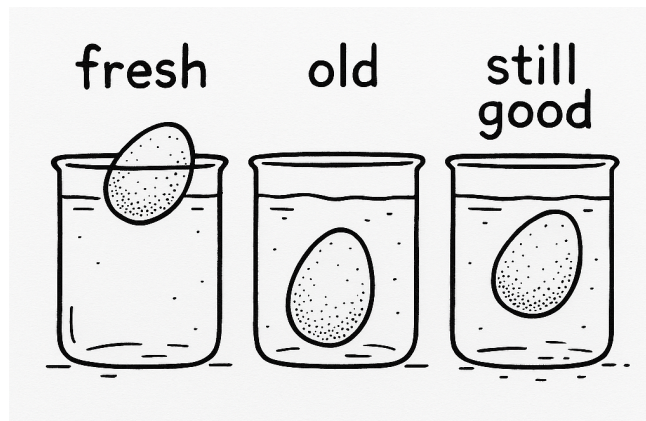
An egg is composed of several parts, each playing a crucial role in both protecting the egg and providing nutritional value. The primary parts of an egg include:
chalaza

- **Shell:** The shell of an egg is porous. The pores allow air and moisture to pass in and out of the egg. While the shell is strong enough to protect the egg's contents, it is also fragile and can crack under pressure. If you come across a broken shell, the egg must be discarded. Egg shell color depends on the breed of the hen and does not affect the egg's quality or nutritional value.
- **Membrane:** serves as an additional protective layer, keeping harmful bacteria from entering the egg and ensuring the egg's contents remain intact. There are two membranes
 - Outer membrane: sits right next to the shell
 - Inner membrane: surrounds the egg white
- **Egg white (albumen):** a clear, viscous substance surrounding the yolk. The egg white plays an important role in protecting the yolk. The egg white is composed of four layers
 - Outer thin white
 - Thick white
 - Inner thin white
 - Chalaziferous layer (closely connected to the chalazae)
- **Yolk:** yellow, nutrient-rich center of the egg. The yolk is suspended in the center of the egg by two rope-like structures called chalazae, which help keep the yolk in place. The color of the yolk varies depending on the hen's diet. For example, hens that consume a diet rich in yellow and orange pigment (like corn) produce eggs with darker, richer yolks.
 - The chalaza becomes more noticeable the fresher the egg is. Despite their fibrous appearance, the chalaza is perfectly edible and not a sign of poor egg quality.



COOKING EGGS

Eggs can be cooked in the shell, fried, scrambled, or prepared as omelets or souffles. Using fresh eggs for cooking is important to ensure the best flavor and quality of the finished dish. The top grade of eggs, AA, indicates that the eggs are fresh. They will have a white that does not spread excessively once the egg is cracked, and the yolk should rise high in the whites surface, regardless of the recipe or cooking method used. When eggs are overcooked, excessive protein coagulation forces water out, leaving the eggs dry.



BOILED EGGS

Although 'boiled' may appear in the name, eggs prepared in the shell should be cooked at a bare simmer for the best results. Eggs are cooked in the shell to make hard-cooked, soft-cooked, and coddled eggs. They may be served directly in their shells, or shelled and used to make another preparation, such as deviled eggs, or as a garnish for salads or vegetable dishes.

Before cooking an egg in the shell, check each egg carefully and discard any with cracked shells. Eggs should always be properly refrigerated until ready to cook.

Select a pot deep enough for the eggs to be submerged in water. Have on hand a slotted spoon skimmer or spier to remove eggs from the water once they are cooked and an ice bath nearby to be able to chill the eggs immediately and avoid overcooking.

The green ring of an overcooked egg results from a chemical reaction between the iron and sulfur naturally present in eggs, forming green iron sulfide. Heat speeds up this reaction. The best way to prevent the green ring from forming is to monitor the cooking time closely and not let the eggs cook longer than necessary.

The yolks of properly soft-boiled eggs are warm but still runny, while those of medium-cooked eggs are partially coagulated. Properly hard-cooked eggs are completely and evenly coagulated with firm but tender whites and no unsightly green ring surrounding the yolk



BOILED EGG

Yield: 4 servings

8 large fresh eggs

1. Heat a large pot of water over medium-high heat until simmering. Lower the eggs gently into the pot so they won't crack. Do not let the water boil rapidly. Start timing only once the water returns to a simmer and cook to desired doneness (see recipe variations). Once done, transfer the eggs to an ice bath using a slotted spoon to cool, then crack and remove the shells.

Recipe Variations:

Soft-boiled: 5 minutes

Medium boiled: 7 minutes

Hard-boiled: 9 minutes



POACHED EGGS

Poaching calls for food to be completely submerged in a liquid at a constant, moderate temperature of 160F to 180F. Visually, the water is steaming with small bubbles on the bottom, but no rolling boil.

Poached eggs can be prepared in advance and stored safely, making meal preparation easier. Slightly undercook the eggs, shock them in ice water to stop the cooking process, and hold them in cold water. At the time of serving, reheat the eggs in simmering water.

Add vinegar and salt to the water to encourage the egg protein to set faster.

Choose a nonreactive pot that is deep enough for the eggs to remain completely submerged. The pan size depends on the batch size. Have cups to hold the raw eggs, as well as a slotted spoon, skimmer, or spider for retrieving the eggs from the water, and paper towels to blot the egg dry before plating. An instant-read thermometer helps accurately monitor the water temperature.

POACHED EGG

Yield: 4 servings

Here is a restaurant trick to make poached eggs in advance. Simply poach your eggs just until the whites are barely set and place directly into an ice bath to stop the cooking process. When you're ready to use the eggs, warm them through in a simmering pot of water for about a minute and they're ready to serve. Eggs can be poached and chilled up to 2 days before serving.

8 large fresh eggs

4 tablespoons of vinegar per 1 gallon of water

1. Fill a medium bowl halfway with warm water. To a large saucepan set over medium heat, add 4 quarts of water and distilled vinegar; bring to a gentle simmer, maintaining a temperature between 160°F and 180°F. Break 1 egg into a small dish. Slide the egg into the saucepan and immediately push the white around the yolk with a slotted spoon to form an oval shape. Poach the egg for 2 minutes for runny yolks, or 3 to 4 minutes for firm yolks. Immediately transfer the poached egg to the bowl with warm water. Repeat with the remaining eggs. Please note that multiple eggs can be poached at the same time; however, for more perfect eggs, poaching 1 to 2 eggs at a time is recommended. To serve, lift eggs from warm water with a slotted spoon, 1 egg at a time and dab back of the spoon onto a double layer of paper towels to drain off excess water. Trim any rough edges, if desired with a paring knife.

SCRAMBLED EGGS

Scrambled eggs can be prepared in two ways. The eggs can be stirred constantly over low heat for a soft, delicate curd and a creamy texture, or stirred less frequently as they cook for a larger curd and a firmer texture.

Choose eggs that are fresh with intact shells. Adding small amounts of water or stock to the beaten eggs will make them puffier as the water turns to steam. Milk or cream may be used to enrich the eggs. Scrambled eggs can be seasoned with salt and pepper and or flavored or garnished with fresh herbs, cheese, and sauteed vegetables.

Nonstick surfaces make it easy to prepare scrambled eggs with minimal added fat. Pans used for eggs should be reserved for that use only. A heatproof rubber spatula, wooden spoon, or spatula is needed for stirring the eggs as they cook.

Properly cooked scrambled eggs have a moist texture, creamy consistency, and delicate flavor. Moisture weeping from eggs indicates that they were overcooked.

OMLETES

There are 4 styles of omelets:

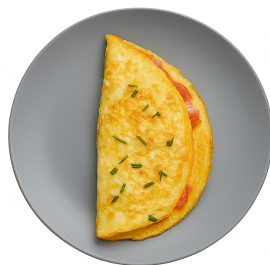
- **French style:** starts out like scrambled eggs, but when the eggs start to set, they are rolled over
- **American style:** starts out like scrambled eggs, but when the eggs start to set, it is folded in half
- **Baked:** Like frittatas or tortillas are denser and easier to slice into servings.
- **Soufflé:** Eggs are first separated into yolks and whites. The egg whites are then beaten to medium peaks and folded back into the egg yolks. The dish is then finished in the oven.

Omelets may be filled or garnished with cheese, sauteed vegetables, meats, and smoked fish, among other things. Season omelets with salt, pepper, and herbs. Fillings and garnishes are incorporated at the appropriate point to ensure they are fully cooked and hot when the eggs have finished cooking. Grated or crumbled cheese will melt sufficiently from the heat of the eggs and is often added just before an omelet is rolled or folded.

Eggs for omelets should be beaten only enough to blend the yolk and white, not enough to incorporate air or make the mixture frothy.

Consider the pan size relative to the omelet or the number of eggs. A pan that is too large or too small will affect the omelet's result.

Before you begin preparing, make sure you have all your ingredients and serving dishes assembled and within easy reach.



American



French

FRENCH OMELET

Yield: 1 serving

Many chefs believe that the test of a good cook is how well they make an omelet. The best thing about them is that they make a quick and delicious breakfast, lunch or dinner, and you can fill them with a variety of ingredients like cheese, bacon, ham, herbs, or vegetables.

2 large eggs

Pinch kosher salt

2 teaspoons unsalted butter, at room temperature

1/4 cup grated Gruyere cheese

1. Crack eggs into a small bowl and add salt. Beat with a whisk until well blended.
2. To an 8-inch nonstick skillet set over medium heat, add butter. Melt butter and let it cover the entire bottom of the pan.
3. Once the butter has completely melted, add the beaten eggs to the pan. Let the eggs cook a bit and with a rubber spatula, gently push the eggs away from the edge of the pan. Tilt the pan slightly so some of the uncooked egg mixture falls into the space that you have created. Repeat several times until the eggs are almost cooked.
4. Add the grated cheese over half the cooked egg. Tilt the pan up slightly and, with the help of a fork or a spatula, roll the omelet onto itself. Once the omelet roll is almost complete, use a fork or spatula to flip the remaining edge onto the roll, then slide the omelet onto the plate, seam side down.