

## **All About Eggs—Building Culinary Skills**

### *Principles of Cooking Eggs*

#### **Keys to egg cookery success:**

1. Eggs begin to set at 144° F., which means that medium-low to medium heat is all that is required to cook eggs. Cooking eggs at too high heat will make them tough.
2. Eggs cooked in the shell should be started in cold water to avoid the shell cracking during cooking.
3. If you cook eggs too long or at too high a temperature, a greenish tinge will appear around the yolk.
4. Eggs should be stored in the carton in which they are purchased on a shelf in the refrigerator. Fresh, uncooked eggs can safely be stored for 4 to 5 weeks.
5. Shell color has nothing to do with egg quality, flavor, nutritive quality or cook characteristics.

*Observe and apply these egg facts as you prepare the following recipe.*

#### **Omelet in a Baggie®**

2 large eggs

1 tablespoon of your favorite shredded cheese

1 tablespoon chopped ham, cooked bacon, mushrooms or other filling ingredient (optional)

1 small Zip-Loc® brand bag (1 quart)

#### **Directions:**

1. Fill a 2-quart saucepan about  $\frac{2}{3}$  full with water. Cover and place on heat to bring to a full boil.
2. Break eggs into a small mixing bowl. Using a wire whisk or fork, lightly beat eggs.
3. Add cheese and filling ingredients and stir to combine.
4. Carefully pour egg mixture into Zip-Loc® bag. Seal bag then open seal about 1 inch and press to remove excess air from bag. **Reseal firmly.**
5. Gently place bag into the boiling water. Boil egg mixture for 5 minutes.
6. Using tongs, carefully remove the bag from the water.
7. Open the bag and roll the omelet onto a plate. When the omelet is done it slides easily out of the bag.

**Yield:** 1 serving