

Name: _____

Hour: _____

VIDEO WORKSHEET

Review:

After watching *Amazing Eggs*, answer the following questions.

1. What steps do eggs take to get from the farm to the grocery store?
2. Does the color of an egg's shell impact the quality, flavor or nutrition of the egg? What determines the color of an egg?
3. How and where should eggs be stored?
4. Name six vitamins or minerals found in an egg.

5. How do you properly crack an egg?

6. What are the differences among the following types of eggs?
Sunny side up egg (“up” egg) –
Over easy egg –
Basted egg –

7. *Salmonella* contaminates approximately 1 egg in 20,000 eggs. What can you do to prevent spreading *Salmonella*?

8. What temperature should the griddle be to prepare an omelet?

9. What is a poached egg? How do you poach an egg?

10. What ingredients are needed to make Hollandaise sauce?

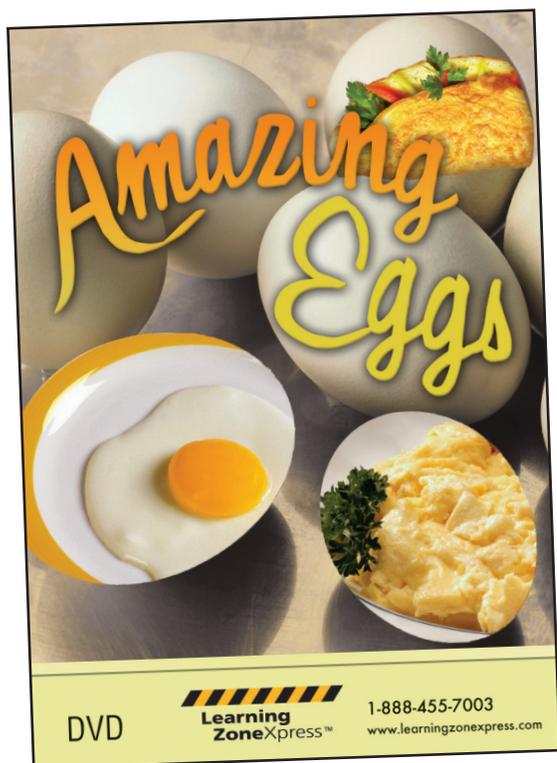
11. True or False. All ingredients added to egg dishes need to be precooked.

12. What are the differences in the following types of egg bakes?

QUICHE –

STRATA –

FRITTATA –



ANSWER KEY

Review:

After watching *Amazing Eggs*, answer the following questions.

1. What steps do eggs take to get from the farm to the grocery store?
Chickens lay the eggs. The eggs are cleaned mechanically and sprayed with protective mineral oil to replace the natural oil washed off during cleaning. The eggs are sorted by size and candled by holding the eggs up to a bright light so you can look inside the egg without breaking it open. The eggs are then packaged and sent to the grocery store.
2. Does the color of an egg's shell impact the quality, flavor or nutrition of the egg? What determines the color of an egg?
The color of an egg's shell makes no difference in quality, flavor or nutrition. The chicken's earlobes and feather color determine the shell color.
3. How and where should eggs be stored?
Eggs should be stored in the original container to keep from absorbing odors in the back of the refrigerator to maintain a constant temperature.
4. Name six vitamins or minerals found in an egg.
Answers may include any of the following:

<i>Vitamin A</i>	<i>Phosphorus</i>	<i>Vitamin B6</i>
<i>Vitamin B12</i>	<i>Vitamin D</i>	
<i>Riboflavin</i>	<i>Folate</i>	
<i>Iron</i>	<i>Zinc</i>	
<i>Calcium</i>	<i>Selenium</i>	

5. How do you properly crack an egg?

Tap the egg on a flat surface rather than against the side of a bowl or a knife. The egg will have a cleaner break and will be less apt to leave shards of eggshell in the eggs.

6. What are the differences among the following types of eggs?

Sunny side up egg ("up" egg) – Egg cooked on griddle until white is done but not flipped

Over easy egg – Egg cooked on a griddle on both sides (flipped half way through) until white is set

Basted egg – Egg cooked on a griddle with a little water added, covered with a lid to create steam to cook both the top and the bottom of the egg

7. *Salmonella* contaminates approximately 1 egg in 20,000 eggs. What can you do to prevent spreading *Salmonella*?

Wash your hands before and after handling raw eggs

Store eggs in the refrigerator

Cook eggs through

Reduce cross contamination

8. What temperature should the griddle be to prepare an omelet?

275 to 300 degrees

9. What is a poached egg? How do you poach an egg?

A poached egg is cooking an egg in a water bath. To make a poached egg, heat a pot of water until just below boiling. Take a spoon and swirl the water and crack the egg right into the water to cook. Swirling the water helps to keep the egg uniformly shaped and prevents it from sticking to the bottom of the pot.

10. What ingredients are needed to make Hollandaise sauce?

Egg yolks

Lemon juice

Cayenne pepper

Worcestershire sauce

Clarified butter

11. True or False. All ingredients added to egg dishes need to be precooked.

True

12. What are the differences in the following types of egg bakes?

Quiche – Eggs baked in a pastry shell

Strata – Egg bake with stale, dry bread or croutons

Frittata – Egg bake with cooked potatoes



RECIPE

EGG MIXTURE FOR STRATA, FRITTATA, OR QUICHE

- 12 eggs
- 1 cup heavy cream (or half and half)
- 1 cup sour cream
- 1 tsp. salt
- Pinch of nutmeg, crushed red pepper, cayenne pepper
- Fresh ground pepper



Crack eggs into a large mixing bowl. Add cream or half and half, sour cream, salt, nutmeg, crushed red pepper, cayenne pepper, and fresh ground pepper. Beat with a hand mixer until well blended. This makes enough batter for a 9 x 13" strata or frittata or two 9" quiches.

Ideas for Toppings (Remember to precook meats and vegetables):

Ham	Bell peppers	Zucchini
Sausage	Broccoli	Cheese
Mushrooms	Onions	

TO PREPARE STRATA: Spray 9" x 13" baking dish with non-stick spray. Crumble a layer of stale, dry bread. Add precooked toppings and shredded cheese. Pour egg mixture over and bake.

TO PREPARE FRITTATA: Spray 9" x 13" baking dish with non-stick spray. Place a single layer of diced, pre-cooked potatoes in the bottom of the baking dish. Top with desired precooked toppings and shredded cheese. Pour egg mixture over and bake.

TO PREPARE QUICHE: Line pie plates with pie shells or use pre-made shells. Add desired precooked toppings and shredded cheese. Pour egg mixture between the two shells, leaving room at the top for eggs to expand. Bake.

Bake each egg dish at 350 degrees for 45 minutes or until lightly browned and eggs are firm in the middle.

Cool slightly before serving.