his chapter discusses cooking techniques for breakfast items, illustrated by a few typical recipes. In addition, there is important product information about eggs. After studying Chapter 24, you should be able to:

1. Describe the composition of eggs and the major differences among grades.
2. Store eggs properly.
3. Prepare the following egg items: hard-, medium-, and soft-cooked eggs; poached eggs; fried eggs; shirred eggs; scrambled eggs; omelets; entrée soufflés; and savory custards.
4. List the key differences between waffle batter and pancake batter, and prepare each.
5. Prepare French toast, and identify the common variations possible by changing the basic ingredients.
6. Prepare each of the two general types of cooked breakfast cereals.
7. Identify the three most common breakfast meats and prepare them.

A. Terms

Fill in each blank with the term that is defined or described.

1. A dish consisting of poached eggs and Canadian bacon on English muffins, coated with Hollandaise sauce.
2. Term used to describe fried eggs cooked on one side only.
3. An egg baked in an individual serving dish, with or without additional ingredients; resembles a fried egg in appearance.
4. A flat, unfolded omelet, consisting of beaten eggs mixed with other ingredients.
5. A savory tart consisting of a custard mixture and other ingredients baked in a pastry shell.
6. Bread dipped into an egg mixture and cooked on a griddle or in a fry pan or deep-fryer.

7. A liquid that is thickened or set by the coagulation of egg protein.

8. A thin pancake made without any leavening.

9. A food-borne disease that may be spread by contaminated eggs.

B. True/False: Egg and Breakfast Review

T  F  1. Fresh or high-grade raw eggs are firmer (less runny) than old or low-grade eggs.

T  F  2. The highest U.S.D.A. grade for fresh eggs is grade A.

T  F  3. One extra-large shell egg weighs slightly more than 2 oz (including the shell).

T  F  4. Egg yolks are high in fat.

T  F  5. The green color sometimes seen in eggs is due to overcooking.

T  F  6. A custard mixture must be heated to the boiling point of water (212°F/100°C) so that it will set properly.

T  F  7. Egg whites whip better and make a richer foam if the bowl is lightly greased before breaking the eggs into it.

T  F  8. Hard-cooked eggs will be tough and rubbery unless they are cooked long enough to be tenderized.

T  F  9. To make soft-cooked eggs, shell eggs are boiled for 5 to 7 minutes.

T  F  10. The air sac is located at the small end of the egg.

T  F  11. A pinch of cream of tartar improves the foaming ability of egg whites.

T  F  12. Making a true French omelet requires high heat.

T  F  13. A standard spinach soufflé is made from a thick white sauce, egg yolks, chopped cooked spinach (and sometimes other ingredients for flavoring), plus whipped egg whites folded in just before baking.

T  F  14. Waffle batter is usually thinner than pancake batter.

T  F  15. Pancake batter should be beaten well to develop a smooth texture.

T  F  16. The best way to prepare a large quantity of bacon is to cook it in the deep-fryer.

T  F  17. Egg substitutes used for making scrambled eggs contain real egg whites but not yolks.

T  F  18. Egg shells are porous, so whole shell eggs can absorb foreign odors when in storage.

T  F  19. Sugar whipped into egg whites make an egg white foam more stable.