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The Goldmine of Goodness

An egg is one of the most exciting ways to get your daily dose of essential nutrients, protein, vitamins and minerals.

Protein : One single egg has 7 grams of protein of the highest quality, containing all the 8 essential amino acids your body requires. These amino acids are the building blocks of life, necessary for the growth of your children.

Egg protein is critical for pregnant women because it enables the baby to grow normally and even builds his resistance for the future. Moreover eggs help in the development of the mother's uterus, breasts, and other reserves.

What's more, the high quality protein of an egg is essential to repair worn-out and damaged tissues. It is an excellent source of energy. And it helps in digestion and in building resistance.

Vitamins : Eggs are rich in Vitamin A, critical for good eyesight and healthy skin. They have the entire Vitamin B Group, necessary for a good appetite, healthy metabolism and stable nerves. Eggs also have Vitamin D essential for strong teeth and bones and Vitamin K for the normal clotting of blood.

Minerals : The secret of mental and physical efficiency is a well-balanced body chemistry. Eggs are an excellent source of **11** critical minerals.

They have iron, critical for healthy blood and good respiration. Phosphorous, to stimulate the nerves and the brain. Not to mention calcium, sodium, chlorine, potassium, sulphur, magnesium, zinc, copper and iodine for the normal functioning of your body.

Fats: Everybody requires the right amount of fat to stay healthy. An egg contributes only 6% of the recommended maximum of total fat. The fat in eggs is easily digested, which is an important factor in the diet of young children, convalescents and old people.

No wonder, eggs are recommended by the National Institute of Nutrition as an important part of a nutritionally balanced diet.

Eggonomics

An egg is, perhaps, the best square meal you can get for less than one Rupee. Apart from being a complete food, it is the most inexpensive source of high quality protein.

❑ How to tell if an egg is fresh

Lower the egg into a bowl of water. If the egg sinks and lies on its side, it is fresh, if the egg stands, it is less fresh and if the egg floats to the top, it is stale and should not be eaten.

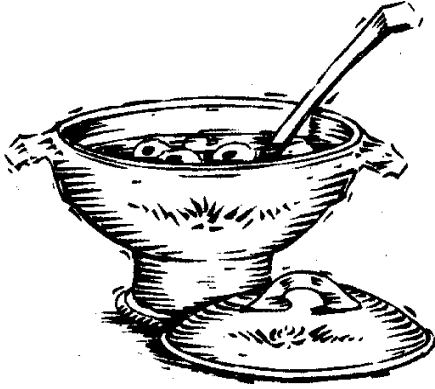
❑ How to store eggs

Store eggs in a cool place that is not too dry, away from strongly flavoured foods like cheese and onions. Always keep eggs standing with the broad end up.

Eggs should always be at room temperature before cooking. If taken from a refrigerator, run a little warm water over them.

❑ Tips on cooking

- Cook eggs on a low flame or they will toughen and lose their flavour.
- Do not boil eggs in aluminium pans or the pan will blacken.
- Always use a wooden spoon to stir eggs while cooking in an aluminium pan or the eggs will turn grey-green.
- To separate the egg yolk from the white and knock the egg sharply against the rim of a bowl. Break the shell in half and slip the yolk from one half-shell to the other, until all the white has drained into a bowl. Finally, slide all the yolk into another bowl. If any yolk should get into the white, remove it with the edge of the egg shell, a teaspoon or the corner of a piece of absorbent kitchen paper. Even a tiny bit of yolk will prevent egg whites from whisking to their full volume.
- Whole eggs should be whisked vigorously, turning them over with upward movements using a fork, spoon or electric mixer. Whisking draws in air. This increases the volume of the eggs. It is important to use whisked eggs immediately before they lose air. When mixing egg yolks and sugar, whisk the yolks first, then add the sugar and continue whisking until the mixture drops from the whisk in broad ribbons. Egg whites, whisked to a stiff but not dry foam, are used for soufflés and meringues. Use a clean and dry bowl, of a shape that keeps the whisk in constant contact with the eggs.
- To fold in egg whites, pile the beaten egg whites on top of the mixture. With a metal spoon, draw part of the mixture from the bottom of the bowl over the whites. Incorporate all the whites carefully so that they do not lose their air content.
- Before adding eggs to hot mixtures, beat the eggs or egg yolks just enough to blend. Stir in a small amount of the hot mixture and mix well. Gradually add this to the remaining hot mixture, stirring constantly away from the heat. The eggs will thicken or bind the mixture.



The Gourmet Egg

Eggs can be added in recipes for meals and snacks round the clock. Here are over 30 exciting recipes, divided into 5 sections, that are easy to make for any time and any occasion.

❑ Morning Eggsercises

Boiled Eggs
Scrambled Eggs
Spanish Omelette
Indian Omelette

❑ Beat The Heat

Egg Nogg
Apple Juice Combo
Lime Cooler
Egg Flip

❑ The Travelling Egg

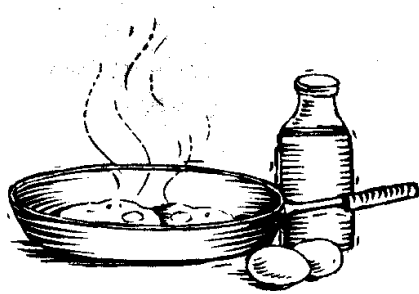
Egg Sausage Snack
Egg Patties
Ankoori On Toast
Egg Bonda
Egg Chaat
Egg Paratha
Potato Pancakes
Egg And Cheese Toast

❑ Eggsotic Meals

Devilled Egg Salad
Toad On A Hole
Sweet And Sour Eggs
Curried Egg Balls
Egg Nargisi Kofta
Egg Korma
Egg Vindaloo
Egg Vermicelli
Egg Bhaji
Eggs And Kheema
Egg Malai Masala
Egg And Bean Curry

❑ Sweet Memories

Melting Moments
Egg Mysore Pak
Egg Ice Cream
Royal Pudding
Iced Egg Gelatine
Sponge Cake
Butterscotch Cream
Egg Caramel Custard
Honeycomb Mould



Morning Eggsercises

Boiled Eggs

To hard boil, put eggs in water and boil. Reduce heat and simmer for 10 minutes. As soon as they are cooked, plunge eggs into cold running water and cool rapidly. This will prevent a dark ring between the yolk and white of the egg.

Scrambled Eggs

Ingredients :

2 eggs, 2 tablespoons milk or cream, 1 tablespoon butter, salt and pepper to taste.

Method :

To make scrambled eggs, beat the eggs lightly, add milk, salt and pepper. Then heat the butter and pour in the egg mixture immediately. Stir the mixture constantly over a low flame until the eggs thicken. Remove at once from heat and serve with mashed potatoes and sausages.

Spanish Omelette

Ingredients :

2 eggs, $\frac{1}{4}$ onion, $\frac{1}{4}$ capsicum, $\frac{1}{4}$ tomato, 3 - 4 button mushrooms, 1 pinch white pepper powder, 1 tablespoon oil or butter and salt to taste.

Method :

Cut the vegetables into cubes. Separate the egg white from the yolk. Beat the egg white until it is stiff and then add the yolk. Add salt and pepper to the mixture. Heat oil and fry the vegetables. Add the beaten eggs and stir the surface lightly with a fork for 10 - 15 seconds till the eggs become semisolid. Turn over. Cook for half a minute. Serve hot with toast, grilled tomato and hash brown potato.

Indian Omelette

Ingredients :

6 eggs, 2 well chopped onions, 2 chopped tomatoes, 3 finely chopped green chillies, salt and pepper to taste, oil for frying.

Method : Beat the eggs and add chopped onions, tomatoes, chillies, salt and pepper. Mix all the ingredients thoroughly. Heat the oil in a frying pan and add a portion of the mixture to make one omelette. Cook over a low flame till the mixture is firm. Flip it over and cook on the other side. Repeat method to cook the remaining mixture. Serve hot with aloo parathas and chutney.



Beat The Heat

Egg Nogg

Ingredients :

2 eggs, $\frac{3}{4}$ cup milk, 25 grams cashew nuts, vanilla essence, sugar and salt to taste.

Method :

Beat the eggs with sugar and salt. Grind the cashew nuts. Boil the milk, add the eggs and beat the mixture thoroughly. Add cashew nuts, a few drops of vanilla essence and serve.

Apple Juice Combo

Ingredients :

1 uncooked egg, 1 glass apple juice, 1 lime.

Method:

Beat egg, apple juice and lemon juice in a mixer. Serve chilled in tall glasses. Decorate with a wedge of lime.

Lime Cooler

Ingredients :

2 egg whites, $\frac{1}{3}$ cup honey, 1 cup lime syrup, $\frac{1}{2}$ cups lemon juice, 4 cups crushed ice, 1 cup water and salt to taste.

Method: Whisk egg whites, honey and salt together until stiff and place into a large drink shaker. When ready to serve, add remaining ingredients. Shake vigorously and serve chilled.

Egg Flip

Ingredients :

1 uncooked egg, 1 glass cold milk, 2 tablespoons sugar or glucose and grated nutmeg to taste.

Method :

Mix milk, egg and sugar in a mixer. Pour into a glass, sprinkle nutmeg and serve chilled.



The Travelling Egg

Egg Sausage Snack

Ingredients :

Eggs, sausages, butter, tomatoes, milk, oil, salt and pepper to taste.

Method :

Fry the sausages in butter and cut them into small pieces. Add chopped tomatoes. Beat the eggs, milk, salt, pepper, and add to the sausages. Heat the oil in a pan and pour the mixture into it. When the underside and topside is set, cut into wedges and serve immediately.

Egg Patties

Ingredients :

6 eggs, 3 - 4 potatoes, 1 tomato, 1 small onion, 2 - 3 green chillies, 1 small bunch of coriander leaves, ghee and salt to taste.

Method :

Boil the potatoes, peel, mash well and keep on one side. Chop the onion, tomato and green chillies very fine. Wash and chop the coriander leaves. Heat a tablespoon of ghee and fry till the onion turns tender but not brown. Add the tomato and cook for a few minutes. Add salt and coriander and break in 5 eggs, stirring constantly till the mixture thickens and sets. Remove from heat and let it cool. Beat the remaining egg well in a saucepan and keep on one side. Knead the potato dough again and make flat cases. Place a heaped spoonful of the egg mixture in the centre and cover, folding in the sides to seal the stuffing. Press between your palms to make a flat cake. Heat ghee in a pan. Dip each patty in the beaten egg, roll in breadcrumbs, if desired, and fry till nicely browned. Serve hot with tomato sauce or chutney.

Ankoori On Toast

Ingredients :

6 eggs, 2 small onions, 1 tomato, 3 green chillies, coriander leaves, $\frac{1}{2}$ tablespoon garam masala, $\frac{1}{4}$ tablespoon turmeric powder, ghee or butter, salt and pepper to taste.

Method :

Chop onions and fry till golden brown. Chop green chillies and tomato and add to the onions. Add all the remaining ingredients, except the eggs, and fry. Remove from heat, break in the eggs, stir well and replace on fire. Cook on a low heat. Serve hot on toasts.



The Travelling Egg

Egg Bonda

Ingredients :

1 boiled egg, 3 onions, 3 small potatoes, 3 green chillies, coriander leaves, 1 cup gram flour, 2 tablespoons ghee or oil and salt to taste.

Method :

Fry chopped onions. Cut the potatoes, chillies, coriander leaves into small pieces and add to the onions. Cook the mixture. When cooled, add the chopped eggs. Make a batter with gram flour and water. Then form balls out of the mixture; dip into the batter and fry. Serve hot with tomato chutney or ketchup.

Egg Chaat

Ingredients :

6 hard boiled eggs, 1 onion, 4 - 5 green chillies, coriander leaves, ½ cup tomato ketchup, 1 teaspoon red chilly powder, 1 teaspoon chaat masala, 2 tablespoons tamarind, 2 teaspoon jaggery and salt to taste.

Method:

Make chutney by boiling tamarind and jaggery in a little water for 4-5 minutes and strain. Cut boiled eggs into quarter pieces. Mix well with chopped onions, green chillies and coriander leaves, ketchup, chaat masala, red chilly powder, tamarind chutney and salt. Serve garnished with lime wedges and chopped coriander leaves.

Egg Paratha

Ingredients :

16 eggs, wheat dough sufficient for 8 parathas, chilly powder, ghee and salt and pepper to taste.

Method :

Beat 2 eggs at a time. Divide the dough into 8 sections. Roll each piece out into a round paratha. Add ghee to frying pan and heat. Fry each paratha lightly on both sides, pour two beaten eggs on one side and let them spread over the whole paratha. Sprinkle with salt, pepper and chilly powder. Add a little ghee to the edges and turn it when the eggs have set slightly. Fry to a golden brown on both sides. Serve hot.



The Travelling Egg

Potato Pancakes

Ingredients :

2 eggs, 3 big potatoes, 1 small onion, $\frac{1}{2}$ cup maida, gheet, salt and pepper to taste.

Method :

Scrape potatoes and the onion into thin slivers. Add maida, salt and pepper. Beat the eggs and add to the above. Heat ghee in a frying pan and then add $\frac{1}{4}$ cup of the mixture. Fry like an omelette. Serve hot with ketchup.

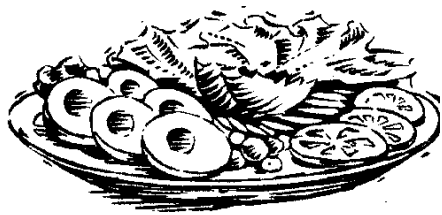
Egg And Cheese Toast

Ingredients :

2 eggs, 4 bread slices, 50 grams cheese, 2 chopped green chillies, coriander leaves, $\frac{1}{4}$ lime, 1 teaspoon butter, 1 pinch red chilly powder and 1 pinch white pepper.

Method :

Shell hard-boiled eggs and chop coarsely. Grate the cheese finely and mix with eggs, green chillies, coriander leaves, red chilly powder, lime juice and white pepper. Toast the bread slices and butter them lightly. Apply the mixture evenly on toast. Bake till the top of the toasts become golden brown. Cut off the edges and serve with tomato ketchup or chilly sauce.



Eggsotic Meals

Devilled Egg Salad

Ingredients :

6 hard boiled eggs, 1 cucumber, 1 large finely chopped onion, 4 big tomatoes, salad leaves, mayonnaise, green chillies, coriander leaves, salt and pepper to taste.

Method :

Boil the eggs and cut them into halves. Remove the yolks. Mash them and mix with mayonnaise, salt, pepper, chopped green chillies and coriander leaves. Replace the yolks with this mixture. Cut the salad leaves, cucumber and tomatoes into very fine slices and decorate in a tray with the eggs.

Toad In A Hole

Ingredients :

3 eggs, 1 cauliflower, 4 tablespoon maida, 1 tablespoon grated cheese, butter, 1 cup milk, $\frac{1}{2}$ teaspoon salt and $\frac{1}{2}$ teaspoon pepper.

Method :

Remove the leaves from the cauliflower. Apply a little butter to one small baking dish. Arrange the cauliflower in the dish and put a pinch of salt and pepper on it. Separate the yolk from the egg and mix it with maida, salt and pepper. Beat the white of the egg stiffly and add it to the yolk mixture. Add milk and mix thoroughly. Let this mixture stand for two hours. Pour it on the cauliflower and bake in a moderate oven for half an hour. While serving, garnish with, tomato slices and salad leaves.

Sweet And Sour Eggs

Ingredients :

4 hard boiled eggs, $\frac{1}{2}$ cup chicken stock or water, 2 tablespoons cornflour, $\frac{1}{2}$ cup sugar, $\frac{1}{2}$ cup malt vinegar, 1 crushed clove of garlic, 1 finely chopped slice of ginger, 1 cut pineapple, 1 carrot cut into strips and 1 tablespoon groundnut Oil.

Method :

Fry garlic and ginger in oil. Add sugar and vinegar. Strain the pineapple and add the juice to the chicken stock. Pour this mixture into the pan and bring to a boil. Add carrot strips and simmer for a few minutes. Add the pineapple pieces. Blend the cornflour with a little cold water and mix into the pan. Bring to a boil and allow it to thicken. Cut the eggs into quarters and put it into the pan. Serve on a bed of rice.



Eggsotic Meals

Curried Egg Balls

Ingredients :

4 hard boiled eggs, $\frac{1}{2}$ cup cooked rice, 1 beaten egg 1 teaspoon salt and pepper, little seasoned flour, milk and corn flakes, 4 ounces of butter, 2 large onions, 1 large capsicum, $\frac{1}{2}$ cup flour, 2 tablespoon curry powder, 1 teaspoon ground ginger and 3 cups chicken stock or water.

Method :

Chop hard boiled eggs. Put them into a mixture of the beaten egg, seasoned flour, corn flakes, salt and pepper. Shape into small balls and deep fry until golden brown. To make the curry, melt butter and fry onions and capsicum to a light brown. Add flour, curry powder, ginger and salt and pepper to taste. Cook for 5 minutes on low heat. Add chicken stock or water and stir until the mixture boils and thickens. Simmer for half an hour. Serve with egg balls and rice.

Egg Nargisi Kofta

Ingredients :

4 eggs, 1 - 2 slices bread, 2 peeled tomatoes, 1 teaspoon mashed onion, 1 mashed green chilly, coriander leaves, $\frac{1}{2}$ teaspoon garam masala, 1 teaspoon chilly powder, 1 tablespoon ghee, salt and pepper to taste.

Method :

Hard boil the eggs, shell them and keep on one side. Crumble the bread and soak in cold water till soft. Drain and squeeze out all the liquid and mash well with a fork. Cut the eggs length wise, and remove the yolks. Mash the egg yolks into the bread and add melted ghee. Stir in the mashed onion, chilly and a pinch of salt and mix well. Replace the yolk with this mixture. Place the stuffed eggs carefully in a fire-proof dish. To make the tomato sauce, fry one small finely chopped onion. Then add the tomatoes, coriander leaves, garam masala, chilly powder, salt and pepper to taste. Simmer till the sauce is cooked. Pour the tomato sauce over the stuffed eggs. Cover the dish and cook in a moderate oven.



Eggsotic Meals

Egg Korma

Ingredients :

6 eggs, 6 onions, $\frac{1}{4}$ cup milk, 2 tablespoon cashew nuts, 3 tablespoon ghee, 8 green chillies, 1 tablespoon grated coconut, 3 tablespoon coriander powder, 6 cloves, 1 stick cinnamon, 2 cardamom pods, 1 piece of ginger, $\frac{1}{2}$ teaspoon turmeric powder and salt to taste.

Method :

Grind together the green chillies, grated coconut, coriander powder, cardamom, cinnamon, cloves, ginger and turmeric powder. Chop the onions coarsely. Separate the yolk from the eggs and beat the egg whites till stiff. Add the yolks, milk and salt to taste. Beat the mixture again for 10 minutes. Place the egg mixture into a large vessel containing a little water and boil till the egg is set. Turn out the egg and cut into cubes.

To make the korma, heat ghee in a saucepan and fry till the chopped cashew nuts turn golden brown. Put in the sliced onions, ground masala paste and salt and cook on a low flame, till the onions turn light brown. Stir occasionally till the ghee floats to the top. Add half a cup of water and bring to boiling point. Add the egg cubes and cook gently till the korma thickens. Garnish with freshly cut coriander leaves. Serve hot with rice or parathas and chutney.

Egg Vindaloo

Ingredients :

4 - 5 hard boiled eggs, 2 onions, 4 dry red chillies, 5 cloves, garlic, 1 piece ginger, $\frac{1}{2}$ teaspoon cumin seeds, 1 piece cinnamon, 1 teaspoon garam masala, $\frac{3}{4}$ cup vinegar, 1 tablespoon sugar, 2 $\frac{1}{2}$ tablespoons ghee and salt to taste.

Method :

Grind the red chillies, garlic, ginger and cumin seeds with a little vinegar and salt to taste. Chop the onions and fry in ghee. Add the ground paste and cinnamon to it. Then add sugar, vinegar and garam masala. Shell the eggs, cut in halves, length wise and add to the curry. Cook till the gravy thickens and serve with rice or rotis.



Eggotic Meals

Egg Vermicelli

Ingredients :

2 boiled eggs, 500 grams vermicelli, 3 onions, 1 teaspoon mustard seeds, 40 grams Bengal gram dal, coriander leaves, 4 tablespoons oil, 1 teaspoon coriander seeds, ½ teaspoon cumin seeds, 2 red chillies, 2 small cinnamon and 3 - 4 cardamoms.

Method :

Grind the coriander seeds, cumin seeds, red chillies, cinnamon, cardamom and keep them aside. Fry the vermicelli in a little ghee till it turns brown and keep aside. Heat 2 tablespoons of ghee in a saucepan to fry the mustard seeds and the Bengal gram dal. Mix coriander leaves, ground paste and salt and add to the pan. Pour one cup of water and let the mixture boil. Add the vermicelli while it is boiling. When it becomes thick, add the chopped eggs. Serve with tomato chutney.

Egg Bhaji

Ingredients :

4 hard boiled eggs, 5 cloves, 8 peppercorns, 1 pod garlic, 1 piece ginger, 4 onions, 2 tomatoes, 1 teaspoon chilly powder and salt to taste.

Method :

Cut the 4 hard boiled eggs into pieces and keep aside. Grind the cloves, garlic, ginger and peppercorns to a fine paste. Slice and brown the onions in a little oil. Stir in the chopped tomatoes, the ground masala, chilly powder and salt. After 5 - 6 minutes add the egg pieces. Garnish with tomatoes, lime and coriander leaves.

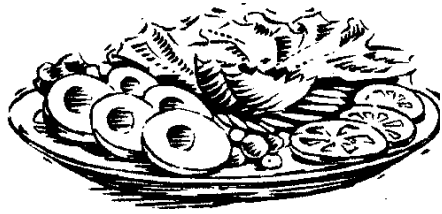
Eggs And Kheema

Ingredients :

6 - 8 eggs, ½ kg kheema, 2 onions, 3 cloves garlic, 1 tomato, 1 teaspoon chilly powder, 1 teaspoon coriander powder, 1 teaspoon turmeric powder, 2 tablespoon ghee and salt to taste.

Method :

Chop onions, ginger, garlic and tomato. Heat ghee in a saucepan and fry the onions, garlic and ginger to a golden brown. Add kheema and masala, and cook till the water dries up. Add the tomato and cook till the kheema is absolutely tender. Break the eggs on top, side by side. Place in a hot oven and bake till the eggs are done.



Eggsotic Meals

Egg Malai Masala

Ingredients :

6 eggs, cup milk, 2 onions, 1 ginger, 4 green chillies, coriander leaves, ½ teaspoon garam masala, 2 tablespoons ghee and salt to taste.

Method :

Hard boil the six eggs and cut them into halves. Grind the onions, chillies and ginger to a fine paste. Heat the ghee in a saucepan and fry this paste for a minute. Put in the eggs and fry till the onions turn pale brown. Add the milk and salt. When the milk starts boiling, add the finely chopped coriander leaves. Simmer on low heat till the gravy thickens. Sprinkle with the powdered garam masala and serve with parathas or tandoori roti.

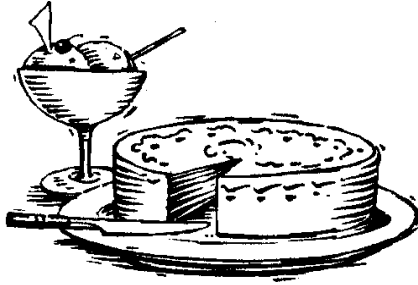
Egg And Bean Curry

Ingredients :

6 eggs, ½ kg french beans, 1 piece ginger, 6 cloves garlic, 1 tablespoon chilly powder, 1 teaspoon coriander seeds, ½ teaspoon turmeric powder, 1 onion, 1 ½ ghee or oil and salt to taste.

Method :

Grind die garlic and ginger to taste. Hard boil the eggs and fry them in hot ghee to a golden brown. Cut them into halves and keep them aside. String the beans and cut into small pieces. Boil in salted water for 10 minutes, drain and keep aside. Chop the onion fine and fry in hot ghee. Add the spices, garlic and ginger paste and salt to taste. Stir constantly till spices are well cooked and the ghee floats to the top. Add ½ cup of water and simmer gently to form a thickish gravy. Add halved eggs and beans and simmer for another 15 minutes.



Sweet Memories

Melting Moments

Ingredients :

1 egg, 150 grams maida, $\frac{1}{4}$ teaspoon baking powder, 120 grams fat, 90 grams sugar, cream, crushed corn flakes and few drops of vanilla essence.

Method :

Mix cream, fat and sugar till light and fluffy. Sieve the flour and baking powder. Beat the egg with vanilla essence and add to the creamed mixture. Fold in the flour with a fork. Then wet your hands with water and divide the mixture into small round balls. Coat these balls with crushed corn flake and put them in a baking tray. Bake at 350° F for about 12 minutes.

Egg Mysore Pak

Ingredients :

4 eggs, $4\frac{1}{2}$ cups sugar, 3 cups ghee and a pinch of yellow colour.

Method :

Mix all the ingredients thoroughly with a spoon. Put the mixture on a low flame, stirring continuously. After 15 - 20 minutes, small granules will appear. When the entire mixture turns into granules, remove from fire and spread out in a thali and let it cool till it sets. Cut the set pak into small squares and serve.

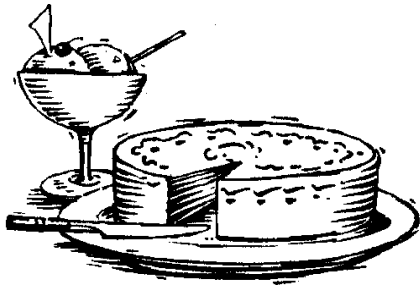
Egg Ice Cream

Ingredients :

1 beaten egg, 2 tablespoons custard powder, 2 cups milk, $\frac{1}{2}$ cup whipped cream, 4 tablespoons sugar and a few drops of vanilla essence.

Method:

Blend the custard powder with a little milk. Heat the rest of the milk and add the custard powder mixture and bring to a boil whilst stirring all the time. Cook for two minutes. Add sugar and the essence. Remove from heat and add the beaten egg. Stir well and let it cool. Mix in the cream and pour into freezing trays or ice cream cups. Put into the freezer. When set, remove and whip up till smooth and light. Put into the freezer and, reset.



Sweet Memories

Royal Pudding

Ingredients :

4 eggs, $\frac{3}{4}$ cup mawa, $\frac{3}{4}$ cup milk, 50 grams almonds or cashew nut powder, few drops vanilla essence and 100 grams sugar.

Method :

Caramelise a little sugar in a jelly mould and set aside. Mix together all other ingredients and blend well in a blender. Pour mixture in the caramelised jelly mould. Cover the mould and seal it. Cook in a water bath or double boiler for 40 - 45 minutes. Remove from mould. Serve garnished with almonds and silver paper.

Iced Egg Gelatine

Ingredients :

5 eggs, 1 litre milk, 200 grams sugar, 1 packet gelatine, 1 teaspoon vanilla essence, 25 grams almonds and 25 grams pistachio.

Method :

Boil milk and make it half its quantity. While it is boiling, add the sugar. Then cool the milk well. Separate the yolks from the white of the eggs. Beat the yolk well and add to the cooled milk. Cook this custard on a slow fire till it thickens. Add finely ground almonds and pistachio. Again cool and add the well beaten egg white. Dissolve the gelatine in half a cup of warm water and add it to the egg custard. Put in a dish and set in the freezer. Decorate with glazed cherries and chocolate.

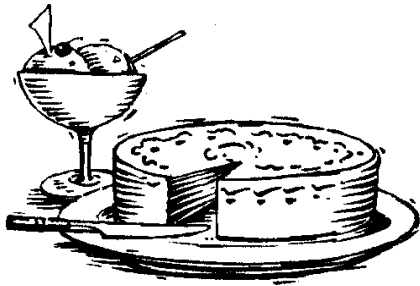
Sponge Cake

Ingredients :

3 eggs, 120 grams castor sugar, 60 grams butter and cream, 120 grams self raising flour, a pinch of salt and few drops of essence, water or milk.

Method :

Mix the cream, butter and sugar till light and fluffy. Sieve the flour and salt 3 times. Beat the egg yolks with essence until stiff and gradually add beaten egg to the creamed mixture, beating all the time. Fold in flour gently. Add sufficient milk or water to bring the mixture to a dropping consistency. Put the mixture into a greased tin and level properly so as to leave a depression at the centre. Bake the mixture for 20 minutes at 350° - 370° F.



Sweet Memories

Butterscotch Cream

Ingredients :

3 eggs, 115 grams granulated sugar, 5 tablespoon boiling water, 165 grams castor sugar, 1 tablespoon lemon juice, 1 desert spoon gelatine, 55 grams thick cream, split almonds and cream for decoration.

Method :

Heat sugar slowly till it caramelises. Add water and stir until caramel dissolves. Separate eggs. Whisk yolks with castor sugar and lemon juice until thick and creamy. Add caramel, a little at a time, whisking well. Dissolve gelatine in two tablespoons hot water and stir into mixture. Beat whites of egg until stiff. Fold into mixture. Add whipped cream. Pour into serving dish. Allow to set in a refrigerator. Decorate with almonds and cream.

Egg Caramel Custard

Ingredients :

3 eggs, 6 tablespoon sugar, 3 cups milk, a pinch of salt and a few drops of essence.

Method :

Heat the sugar in a clean, dry frying pan. Stir till the sugar melts and turns brown. Add about 9 tablespoons of hot water. Bring the water to boil and keep on the fire till it thickens. Take it off the fire and keep aside until required. Heat the milk over boiling water. Beat eggs and add the caramelised sugar and salt. Add this mixture to the milk, stirring all the time. Add the essence and pour into custard cups and steam.

Honeycomb Mould

Ingredients :

2 large eggs, 225 ml warm milk, 90 grams sugar, ½ teaspoon vanilla essence, 2 teaspoons gelatine, 2 teaspoons water.

Method :

Separate the eggs. Mix egg yolks and sugar and beat till white and creamy. Add warm milk. Stir over low flame until custard thickens. Take pan off the fire and add flavouring. Dissolve gelatine in water, stir into custard and cool. Pour custard into damp mould and let it set.

Ingredients Glossary

Almond
Apple Juice
Black Pepper
Butter
Capsicum
Cauliflower
Cardamom
Cashew Nut
Castor Sugar
Cinnamon
Clove
Coconut
Cornflour
Coriander Leaves
Coriander Seeds
Cream
Crushed Ice
Cucumber
Cumin Seed
Curry Leaves
Egg
Egg White
Egg Yolk
Fat
Badam
Seb Ka Ras
Kali Mirch
Makhan
Simla Mirch
Phoolgobi
Elaichi
Kaju
Andi Cheeni
Dal Cheeni
Lavang
Narial
Makke ka Aata
Dhaniyan ki Pattiyani
Dhaniyan ke Beej
Malai
Pissi hui Barf
Kheera
Jeera
Kari Patta
Anda
Anda ki Safedi
Anda ki Jardi
Charbi
Maida
Lahsoon
Adrak
Besan
Hari Mirch

Groundnut
Honey
Jaggery
Lemon Juice
Lime
Lime Syrup
Malt Vinegar
Milk
Mushroom
Mustard Seed
Flour
Garlic
Ginger
Gram Flour
Green Chilly
Moongfali
Shahed
Cur
Neemboo ka Ras
Khatta Neemboo
Neembooka Syrup
Malt Sirka
Doodh
Khoombhi
Sarson ke Beej
Tel
Pyaz
Kali Mirch
Kali Mirch ka Dana
Ananaas
Oil
Onion
Pepper
Peppercorn
Pineapple
Pistachio
Potato
Red Chilly
Red Chilly Powder
Rice
Salt
Salad leaves
Sugar
Tamarind
Tomato
Turmeric Powder
Vermicelli
Wheat Dough
White Pepper
Lal Mirch
Lal Mirch Powder
Chaval
Namak
Salad ke Patte

Cheeni
Imli
Tamater
Haldi Powder
Sevai
Gundha hua Aata
Safed Kali Mirch

The National Egg Co-ordination Committee

The National Egg Co-ordination Committee (NECC) is an association of over 20,000 poultry farmers all over India. Its main aim is to give the egg farmer the right to determine the price of his product in order to keep the egg at an affordable price for his consumer.

NECC also promotes this high protein food through national advertising campaigns, the free distribution of eggs and other activities, especially in rural areas. As NECC's future plans become a reality, eggs, a nutritious, economic and versatile food, will be available everywhere and at any time.