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Chapter 33

Study Guide

Eggs

Directions: Read chapter 33, and answer the following questions. Later, you can use this study guide to review. 1. In addition to the air cell, what are the three main parts of an egg? 2. Name the nutrients in eggs. Why do health experts recommend eating eggs in moderation? 3. Explain why you shouldn't wash eggs when you bring them home from the store. 4. How long should you keep eggs? What method should you use to store eggs? 5. List the disadvantages of using egg substitutes. 6. In beating egg whites, explain why there should be no trace of egg yolk. 7. What happens when you overbeat egg whites? 8. What happens inside an egg when it is cooked properly? What happens when it is overcooked? 9. What is a soufflé?

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	Chapter 33 Study Guide (continued)
10.	List the steps for poaching an egg.
11.	Name four other ways to cook eggs.
12.	Explain how to make a basic omelet.
13.	Why shouldn't you cook eggs in the shell in the microwave?
14.	Describe custard. Name the two types.
15.	Why are egg whites used in soufflés, angel food cake, and meringues?
16.	Describe weeping and beading in meringues. How can you prevent either from occurring?

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Chapter 33

Activity 1

Eggs

Recipe Rewrite—Cooking with Eggs

Directions: Kerry finally talked his friend Janell into writing out the recipe for her delicious lime meringue pie. However, when Kerry read the recipe, he was dismayed to find that she had left a lot to his imagination. Read the recipe Janell wrote for her friend, and decide what information is missing. Then use your knowledge of cooking with eggs to rewrite the recipe directions so that even a beginning cook could follow them. Refer to your text-book if you need help. Write your new directions in the space provided below.

Lime Meringue Pie

9-inch (commercial) pie shell	1 tsp. grated lime peel
⅓ cup cornstarch	1/4 cup lime juice
1 cup of sugar	
1 cup of water	meringue
2 egg yolks, slightly beaten	

Bake pie shell according to package directions. Heat oven to 400° F. Place sugar and cornstarch in $1\frac{1}{2}$ -quart saucepan and stir in water gradually. Cook over medium heat, stirring constantly until it boils. Stir half the hot mixture gradually into the egg yolks. Blend into mixture in saucepan. Boil and stir 1 minute. Remove from heat. Stir in remaining ingredients. Pour into pie shell. Spread meringue carefully over pie filling to edge of crust. Bake about 10 minutes. Cool.

Chapter 33

Activity 2

Eggs

Eggs—True or False?

Directions: Read each of the following statements. In the space provided to the left of each statement, write a "+" for true or a "0" for false. For any false statements, rewrite the statement to make it *true* on a separate sheet of paper and attach the paper to this activity.

 1.	When eggs are beaten, they help baked goods rise.
 2.	Because egg whites contain certain fats and cholesterol, health experts recommend eating them in moderation.
 3.	As an egg ages, its air cell gets larger and the egg white gets thinner.
 4.	Wash eggs when you get them home from the store so you can clean off any residue that might have accumulated on the shell.
 5.	Egg substitutes are a healthful alternative for people watching their fat and cholesterol intake.
 6.	The yolks of overcooked eggs turn an unattractive gray-green color.
 7.	When cooking eggs in the shell, remove them from the heat when they are done and run them under cold water to prevent further cooking.
 8.	To make fluffy scrambled eggs, stir constantly after you have added the eggs to the pan.
 9.	A basic omelet is cooked in such a way that it forms a large, thick pancake, which is filled and then folded in half before serving.
 10.	It is never a good idea to cook eggs in a microwave oven because they will overcook.
 11.	Custard is a thickened blend of milk, eggs, sugar, and ricotta cheese that can be baked or cooked and served as a sauce.
 12.	To make a soft custard, cook over low heat, stirring constantly, until it is just thick enough to coat a wooden spoon.
 13.	When baked custard is done, a knife inserted in the center will come out clean.
 14.	To reach the fullest volume when beating egg whites, be sure the beaters and bowls are clean and completely free of fat and that the eggs are cold.