

Eggcellent use of eggs.

How many eggs does the average person eat in the UK?

What is the name of the quality mark printed onto eggs?

What three measures have been taken with these eggs to guarantee quality?

How many eggs does the average hen lay in a year?

Name 4 dishes that include egg as a main ingredient?

<https://www.egginfo.co.uk/british-lion-eggs>

What is the name of the type of food poisoning we can get from eating poor quality or undercooked eggs?

Eggs are very nutritious. They are high in which 2 main nutrients?

Eggs do not contain any of which nutrient?..... Give some foods that eggs are often served with to make up for this.

Eggs can be brushed over food to add a shiny surface, this is called



[Link to information](#)

Eggcellent use of eggs.

When used to make a sponge cake, eggs are used as

Eggs are used to coat food that is about to be fried such as

Eggs can be used to thicken dishes such as

How can an egg be tested to see if it is fresh?.....

.....

Why are eggs different colours?.....



On the egg label what do the following mean-

0.....

DE.....

134461.....

Eggcellent use of eggs.

Research a recipe that makes use of eggs - there are 2 possible ones on the next slides but it depends on the ingredients you have - choose a recipe that shows your skills too.

Upload the finished results to this slide-

[Egg recipes](#)

Eggcellent use of eggs.

Frittata

Ingredients

- 2 tsp oil, for greasing
- 4 large free-range eggs
- 50ml milk or cream
- handful grated cheddar or crumbled feta
- freshly ground black pepper
- 1 tbsp chopped fresh herbs such as parsley or chives (optional)
- 10 cherry tomatoes (can be left whole or halved)
- 1 red pepper, chopped
- handful frozen peas, defrosted
- 50g/1¾oz broccoli, chopped into small florets



Preheat the oven to 180C/350F/Gas 4.

Rub the oil over the inside of a 20cm/8in square oven-proof dish

Break the eggs into a small bowl, add the milk or cream to the eggs. Whisk the eggs with a fork or metal whisk until it is light and fluffy.

Add half of the grated cheese and a little ground black pepper. You can also add herbs if you like.

Put the vegetables you want to use into the oven proof dish. Pour the egg and cheese mixture onto the vegetables and sprinkle the rest of the cheese on top. Bake for 20 minutes until golden-brown and set.

Leave to cool a little before removing from the tin with a heatproof spatula. You can eat it warm or cold.

Eggcellent use of eggs. Scotch eggs

[Egg recipes](#)

3 eggs hard boiled.

3 links of sausage

1 egg for coating.

3 slices of bread or toast crumbed for the outer covering.

- 1. On a lightly floured surface, pat out each sausage to about half a cm thickness. Wrap the sausage completely around each of the hard boiled eggs, pressing edges together to seal.**
- 2. Brush the sausage-coated eggs in beaten egg, then roll in breadcrumbs.**
- 3. Place on baking tray and bake in preheated 190 C / Gas mark 5 oven until lightly browned, about 25 minutes.**

