



Hospitality and Catering

Producing egg dishes

Lesson 4

Understand how to handle, store and produce various egg dishes by completing this course.





Cooking eggs

Eggs are versatile, they can be cooked in many ways.

Eggs form the basis of many meals and dishes.





Cooking temperature

Boiling: 100°C

Frying/griddling/omelettes: 140-150°C

Poaching: 90-95°C





Boiling

- Place egg in pan, covered with cold water
- Gently bring to the boil





Boiling

- Boil for 4-5 minutes for a soft boiled egg – breakfast
- Boil for 8-10 minutes for a hard boiled egg – salad dishes





Hard boiled eggs for salad

- Served cold and peeled
- After boiling rinse under cold water





Hard boiled eggs for salad

- Gently crack shell and leave in water for a minute
- Gently peel the shell

Safe boiling

- Never drop the eggs into the pan
- Use a lid to cover the pan
- Never rapid boil – gentle simmering





Safe boiling

- Use an oven cloth for holding the pan if needed
- Use a slotted spoon to remove the eggs





Revision Activity 4

**What temperature should
you poach eggs at?**