



Hospitality and Catering

# Producing egg dishes

## Lesson 1

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





# Learning Objectives

- List eggs which can be eaten by humans.
- Describe methods of checking egg quality and freshness.
- Identify the correct delivery and storage temperature of eggs.
- Recognise the different egg grades and their uses.
- Understand safe storage conditions of eggs.
- Classify egg sizes.
- Define safe hygiene practices to follow when handling eggs.
- Understand different methods of how to separate egg yolk and egg whites.





# Learning Objectives

- State the correct cooking temperatures for boiling, baking, frying, griddling and poaching eggs.
- Understand how to boil, fry and griddle eggs correctly and safely.
- Understand how to poach, bake and scramble eggs correctly and safely.
- Summarise how to perform the different Bain Marie methods using eggs.
- Understand how to make omelettes correctly and safely.
- Describe hotel requirements when preparing and serving eggs at breakfast.
- Identify how to keep eggs healthy.





# What is an egg?

It is an embryo (yolk) of a baby bird.

Surrounded with a shell for protection.

The shell is made from calcite which is a form of calcium carbonate.





# What eggs can we eat?

- Chicken
- Quail
- Duck
- Ostrich





# Eggs are popular to eat

- They are cheap to buy
- They provide protein in the diet
- They are easy to cook and very versatile





# Checking the quality of eggs

- Always check the date on packaging
- The best before date is printed onto the eggshell





# Checking suppliers

- Always check the temperature of delivery vans
- Always check the temperature of deliveries
- 1-8°C for deliveries







# If you are not sure about a date

A good way to check an egg is to place the egg into some cold water.





If the egg sinks to the bottom, it is very  
fresh.





If the egg, sits on the bottom and its top is raised off the bottom, it is not fresh but is ok to use.





If the egg rises to the surface the egg is off and you must throw it away.

However if in doubt do not use the egg.





# Why does this happen?

Egg shells are porous.

That means they shell allows air into the egg.





# Why does this happen?

The older the egg – the more air in the egg

It rises to the surface with the air.





# Checking freshness – other ways

Crack an egg onto a plate.

If the white is firm and stays around the  
yolk it is fresh.





# Checking freshness – other ways

If the whites run all around the plate it is not fresh.

Egg whites lose their quality when they are old.







# Frying pan

If the egg spreads all over the pan when frying this too is a sign the egg is not fresh.





# Bad smells

- If the egg smells it could be a bad quality egg
- You cannot miss a smelly egg
- Dispose immediately





# Grading

Grade A are used whole in catering. Fresh and unbroken.

Grade B are broken eggs which are sometimes used in factories for making egg products like mayonnaise.





# Egg size 1,2,3

Classed as a large eggs





# Egg size

## 3,4,5,

Classed as a medium eggs





# Egg size 5,6,7

Classed as a small eggs





# Revision Activity 1

**List the eggs we can eat?**