



Hospitality and Catering

# Producing egg dishes

## Lesson 7

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





# Scrambling

- Using butter or oil in a frying pan
- Whisk 2 to 3 whole eggs in a bowl
- Pour mix into pan and continue to stir with a wooden spoon





# Scrambling

- As the egg slowly cooks keep stirring until the mixture starts to firm up but is still soft
- Stirring makes it look 'scrambled'
- Serve the eggs onto a plate





# Safe scrambling

- Use a wooden spoon to cook. This prevent scratching of pan coatings
- Use minimal oil and butter – 25g at a the maximum





# Safe scrambling

Turn down the temperature of the pan if the eggs start to cook too quickly and burn.





# Bain Marie – type 1

- This is cooking in a bowl which is placed on top of a pan or tray of hot/boiling water
- Useful for cooking slowly and gently without burning





# Bain Marie – type 1

- Good for scrambled eggs
- Safe way of making custard or hollandaise sauce





# Making custard

- In a Bain Marie whisk eggs and sugar together
- Whisk until light coloured and fluffy







# Making custard

- Slowly pour in warmed milk and stir
- Stir and cook until the sauce lightly coats the back of a spoon





# Bain Marie – type 2

- Place a mould cup into the Bain Marie tray containing water.
- Ensure you do not over fill trays.
- Place the Bain Marie tray containing the water and moulds into the oven to cook.
- Bain Marie trays which go into the oven are dangerous to handle.





# Revision Activity 7

**Describe two Bain Marie methods?**