



Hospitality and Catering

Producing egg dishes

Lesson 7

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



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- 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





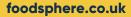
- As the egg slowly cooks keep stirring until the mixture starts to firm up but is still soft
- Stirring makes it look 'scrambled'
- Serve the eggs onto a plate





Safe scrambling

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





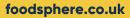


Safe scrambling

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





- 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?