



Hospitality and Catering

# Producing egg dishes

## Lesson 9

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





# Eggs are a popular breakfast dish

Hotels can serve lots of people at once. Keeping cooked eggs at the correct temperature for service is a legal standard.

It protects people and prevents food poisoning.





# Buffet style breakfast

Cooked eggs must be held above 63°C.  
Because eggs go hard over time, it is best  
to replace cooked eggs every 10 minutes.





# Tips for hotel breakfast

Cook small batches of fried, scrambled and poached eggs at a time.

Replace regularly.

Boil to order – it only take 5 minutes.





# Tips for hotel breakfast

Do not over cook scrambled eggs, they will go even harder when left out in a hot service counter.

Scramble eggs to order if you can.

Cook omelette's to order – 5mins to cook.





# Typical toppings for egg-based dishes

- Melted cheese on baked eggs
- Cheese, curry and parsley sauce on baked eggs





# Typical toppings for egg-based dishes

- Hollandaise sauce on poached eggs
- Chopped parsley
- Sea salt and black pepper





# Keeping egg dishes healthy

Use vegetable and light olive oils for frying.

They have no saturated fat like lard.

Use vegetable and olive based spreads in stead of butter. They are lower in fat.







# Keeping egg dishes healthy

Use low fat cheese and milk.

Boil, poach and bake instead of frying and griddling, this reduces the fat content even.





# Other tools and equipment needed

- Scales
- Coloured chopping boards – white for eggs and dairy
- Knives
- Strainers





# Revision Activity 9

**How can you make egg dishes healthy?**