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'Tis Egg Time Again

By BETH BAILEY McLEAN

"EGGS 25 cents a dozen today." Could a housewife imagine more joyful news after a winter of skimping along with as few eggs as possible? At once that "25 cents a dozen" means not only that eggs are getting cheaper but it means that egg time, the time of fresh eggs, the time for egg dishes is here and the meal planner rejoices.

In many families eggs are served at breakfast, but seldom at other meals except in some disguised form, as in cakes and puddings. But consider that a splendid source of tissue building protein, a fine supply of iron and the all-essential vitamin A, are contained in one food that lends itself to countless delectable dishes.

The flavor of eggs is such that it combines with almost any vegetable. It is in spring that we begin to notice tiredness and lack energy. It is at this time of the year that doctors prescribe tonics to build up the system after the strain of a cold winter. But why resort to tonics when nature gives us abundance of "tonic?" The woman who appreciates the many possibilities of egg, milk, and vegetable combinations, knows that these natural sources of iron, and other minerals, vitamins and cellulose—the body regulating foods—are far more valuable than known medicine. True it is that eggs are rich in food value, but of almost greater importance is the limitless number of combination dishes that can be made with eggs and milk and vegetables.

OMELET

The king of egg dishes.

First of all, let me say that an omelet is not hard to make. Too long the thought of making an omelet has terrorized the young and often times the older cook. There are but two words of caution. Don't start to cook any omelet until all the family is assembled. Omelets will not wait! Second, heat toughens eggs and makes them shrivel. Therefore use a slow heat for omelets and do not overcook!

The most satisfactory luncheon I can imagine is one of a puffy omelet with some creamed vegetable as peas, asparagus, celery, onions, or turnips, together with a lettuce salad, bread and a simple fruit dessert. An omelet is a splendid basis for the emergency meal. The omelet is so attractive and appetizing and may be varied in so many ways, by adding to the eggs bits of ham, chipped beef, cheese, or a little cooked vegetable, that the most finicky spring appetite will welcome an omelet as often as once a week during the egg season.

Puffy Omelet for 4 or 5.

6 eggs
6 tbsp. water or
1 cup medium white sauce
Seasoning
Fat

Method—Beat the yolks until thick and light colored. Beat the whites until stiff. Add the seasoning and liquid to the yolks. If white sauce is used a bigger omelet is made and one with more body. Fold in the whites of the eggs. Have

a large size frying pan heated and greased. Best results are gained if a uniform heat is under the entire surface of the pan. Egg burns easily and a little scorching spoils the flavor of the omelet. Cook slowly. The omelet should double its height. An omelet over 2 inches high is hard to fold. When the omelet is browned on the bottom, set the pan into a moderate oven to finish cooking the top of the omelet. Caution—just let the eggs set—do not over cook or the omelet will begin to shrink. Remove from the oven and fold as you turn the omelet onto a hot platter. Serve at once! Cheese sauce, tomato or other vegetable puree sauce may be poured over the omelet for variation sake.

There are many other ways of combining eggs and vegetables to form appetizing lunch dishes. In all these recipes the same caution is given, intense heat toughens eggs. Egg dishes should be served hot and few improve on standing.

The French omelet is in rather bad standing with some people because of the poor product found in most of our American restaurants. But ask a soldier who was in France to tell you of the omelets the French women make. Those omelets represent all the skill and ingenuity of those women famed for their culinary prowess. A plain French omelet is truly a most simple dish but it is in its variations the French excell. They use these omelets as a background for bits of more highly flavored foods. These omelets spell French frugality in possibilities of using up leftover vegetables, meats, cheese, fish, fruit and jellies.

To make a French omelet for 2 persons, beat 3 eggs slightly. Do not separate the eggs. Add 1 tablespoon of hot milk or water and season. Grease a frying pan thoroly on the sides and bottom. When the pan is hot (and the family assembled) turn the egg mixture into the pan. Be sure the mixture cooks slowly and evenly. When the lower surface is browned and the top is just set, the omelet is ready to be rolled and served. In cooking one may lift the sides of the omelet with a spatula to allow any uncooked liquid to reach the hot pan.

It is at this stage that the variations occur. Just before turning the omelet from the pan, one may spread over the surface hot diced potatoes browned with a bit of onion, to make the favorite potato omelet. Or one may use bits of any vegetable heated in butter, cream, or medium white sauce, grated cheese is often used by the French women. Chopped ham, browned bacon, or bits of other cooked meats or oysters browned in butter make a tasty filling. The French women use fruit as a filling too and serve this omelet as a sweet sauce. In this way—pineapple or orange omelet may be made. Peaches, pears and berries too, are popular, while most everyone is familiar with the jelly and jam filling.

With the filling spread over the omelet the next step is to begin at one side, usually near the handle, and using a spatula as you tip the pan, roll up the omelet and filling as a jelly roll. Turn

it out onto a hot platter and serve at once! When well made, the French omelet is a most pleasing egg dish for supper, lunch, or a simple dinner.

Egg Loaf With Asparagus.

1 c medium white sauce
2 hard cooked eggs
1 whole egg
6 egg yolks
Onion juice
Salt
1 c cooked asparagus
Asparagus tips

Method—To the medium white sauce (which may be made using the water in which the asparagus is cooked or canned) chopped hard cooked eggs, seasoning, 1 c asparagus cut in inch pieces, the beaten yolks and whole egg are added. Line a greased pyrex dish or casserole with cooked asparagus tips. Turn into the mold the egg mixtures. Cook, standing in a dish of hot water until firm, about three quarters of an hour. This may be served from the mold or turned out onto a platter.

Scalloped Stuffed Eggs.

Cut 6 hard cooked eggs in halves lengthwise. Remove yolks. Mash and add $\frac{1}{4}$ c chopped cooked ham or other meat. Season, add uncooked egg yolk. Refill the whites of the eggs and press the corresponding halves together. Put the gilled whites in a greased baking dish. Pour over the eggs 1 c medium white or tomato sauce. Sprinkle with buttered crumbs and put in the oven to brown the crumbs and heat the eggs.

Egg Patties.

4 hard cooked eggs
 $\frac{1}{2}$ c soft bread crumbs
 $\frac{1}{2}$ c thin cream
1 tsp. butter
Onion juice, or
1 tbsp. chopped onion
Salt

Method—Left over poached, boiled or fried eggs may be used up in this way. Chop the eggs, add crumbs to cream and seasoning and cook to thick paste. Add chopped eggs. Shape in small patties. Serve on a hot platter surrounded by creamed peas, asparagus or celery.

Eggs and Spinach on Toast.

(Best iron tonic known)

Butter 6 slices of graham bread toasted. Cover each slice of toast with hot seasoned spinach. Make a hollow in the center of the spinach. Place a hot poached egg on each piece of toast in the spinach nest. Dot with butter, season. Serve at once.

Au Gratin Eggs on Toast.

6 slices toast
6 hard cooked eggs
6 tbsp. grated cheese
1 c white sauce

Slice the cooked eggs in $\frac{1}{4}$ inch slices lengthwise. Butter the toast. Place a sliced egg on each piece of toast, pour over each $\frac{1}{6}$ c of white sauce. Sprinkle with cheese. Set in the oven to melt the cheese. Serve at once.

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Shrubs as a Garden Background

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green mass of peony foliage after the peonies have ceased blooming. Gladiolus (in variety)—Sword Flower. Kniphofia pfitzeria—Red-hot Poker Plant.

Liatris (in variety)—Blazing Star. Lilium—Lily.

Physostegia virginiana—False Dragon Head.

I know of a small backyard garden which has been enclosed with a lattice fence and a planting of shrubbery. Facing the shrubbery and bordering the oval grass panel, perennials and annuals lend touches of color thruout the garden season. And could you have seen the dear little old white-haired man, sitting fast asleep on the garden bench, with the lavender flowers of the Butterfly Bush covered with golden butterflies and a humming bird flitting among the larkspur and columbine—then truly you would have felt the spell of charm and contentment brooding over this little garden on a hot summer afternoon.

'Tis Egg Time Again

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Tomato and Eggs Scrambled.

6 eggs
1½ c cooked tomatoes
Seasoning

Method—Beat the eggs slightly. Add the cooked tomatoes strained thru a coarse strainer to remove large pieces. Turn into a greased frying pan and cook over a slow fire stirring slowly. As soon as the eggs set remove from the fire and serve at once. Over cooking gives a curdled watery product.

French Toast With Eggs.

Dip a slice of bread 1/3 inch thick into a beaten egg to which a tablespoon of milk has been added. Cut out a circle 2 inches across from the center of the toast. Saute until a light brown. Break an egg into the hole in the toast, sprinkle with salt. When the toast is brown, turn the whole slice of toast and brown on the other side. Serve at once.

Potato Nests and Baked Eggs.

On a buttered baking pan make nests of hot mashed potatoes. Left over mashed potatoes may be used. In each nest break an egg, being careful to keep the yolk whole. Dot with butter, season. Put into a moderate oven 10 minutes or until the egg is firm. Do not over cook. If the nests have been made on a pyrex pie plate, they may be served at the table from this plate. Eggs may be baked in stuffed baked potatoes in the same way.

These are but suggestions to the menu makers. One need not fear lack of variety in the meals with fresh eggs in the market at 25 cents a dozen.

The New Domestic System

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The small town, of course, is its duplicate. But the large cities are changing rapidly from that agricultural ideal. We can only begin to see some of the re-

sults that are flowing from this change. It is of the utmost importance that home economics colleges appreciate this movement. For it is their function to prepare girls to take their places in this domestic system. And there is no efficacy in training them to meet conditions that are rapidly passing away.

The Cooking of Meats

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either colorless or slightly yellow. A condition between these two extremes is indicated by the term medium rare. In this case, sufficient heat has been applied to change the color of the center to a light pink. The gray layer underlying the crust is therefore extended considerably toward the center and the free juice is smaller in quantity and lighter in color than in the rare meat.

The degrees of cooking just indicated are dependent upon the temperatures reached in the interior of the meat during the cooking. To many housewives the roasting of beef seems to be largely a matter of chance. A roast may, when judged from its external appearance seem to be sufficiently cooked and yet prove to be very much underdone when cut. Even long experience fails to make judgments of the exterior more reliable, so that many cooks would rather prepare all the rest of the dinner than to roast the meat. Therefore to the inexperienced housekeeper a method of judging the condition of the meat regardless of its ex-

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