



## DRIED EGGS

The Ministry of Food dried egg is pure fresh egg with no additions, and nothing but the moisture taken away. It is pure egg, spray-dried.

Eggs are a very highly concentrated form of food. They contain first-class body-building material. They also help us to resist colds and other infection because of their high protective properties.

Eggs are easily digested, and for this reason are especially good for children and invalids.

Dried eggs are just as good as fresh eggs, and should be used in the same way. They are very useful for main dishes. Here are some recipes for a variety of appetising dishes in place of meat, fish or cheese and which are particularly suitable for dried egg.

### HOW TO RECONSTITUTE DRIED EGG

1 level tablespoonful egg powder } equals 1 egg.  
2 " " " water

#### *Methods.*

1. Mix the egg and water and allow to stand for about five minutes until the powder has absorbed the moisture. Then work out any lumps with a wooden spoon, finally beating with a fork or whisk.
2. Mix egg to a smooth paste with half the water. Beat till lumps have been removed. Add the remaining water and beat again.
3. For plain cakes and puddings, batters, etc., the egg can be added dry and mixed with the other dry ingredients. When adding the liquid to the mixture an additional 2 tablespoons per dried egg used must be allowed.

### USE AT ONCE.

After reconstituting the egg use at once. Do not reconstitute more egg than necessary for immediate use.

### METHOD OF COOKING

Use in recipes exactly as fresh eggs, beating as usual before adding to other ingredients.

### STORAGE

Keep the egg powder in a tin with a tight fitting lid, and store in a cool place. Do not keep dried egg in a refrigerator.





## BACON AND EGG PIE

2 eggs (reconstituted);  
2 rashers of grilled bacon;  
8 oz. potato pastry;  
2 oz. mashed potato;  
Salt and pepper.

*Method.*—Beat the egg. Line a plate with half the pastry. Mix the egg, potato, salt and pepper, and chopped bacon together. Pour this mixture on to the plate, cover with the rest of the pastry. Bake in a moderate oven for  $\frac{1}{2}$  hour. Serve hot with vegetables or cold with salad. (Sufficient for 4.)

## EGG CUTLETS

1 $\frac{1}{2}$  lbs. mixed cooked vegetables (chopped finely);  
1 $\frac{1}{2}$  ozs. oatmeal;  
4 dried eggs in powder form;  
Salt and pepper.

*Method.*—Mix all ingredients together. Heat a little fat in frying-pan till smoking hot and fry spoonful of the mixture till golden brown all over. Serve sprinkled with chopped parsley. (Sufficient for 4.)

## OMELETTE

2 eggs (reconstituted);  
 $\frac{1}{2}$ — $\frac{3}{4}$  oz. margarine or fat;  
Salt and pepper.

*Method.*—Beat the egg and salt and pepper. Heat fat in the pan, pour in the egg and work it with a fork in the usual manner. Fold over and serve immediately.

## SPANISH OMELETTE (Variation)

2 eggs (reconstituted);  
8 ozs. grated mixed vegetables;  
A small piece of chopped leek or parsley;  
2 tablespoons water;  
Salt and pepper,  
1 $\frac{1}{2}$  oz. margarine or dripping.

*Method.*—Beat the eggs. Heat the fat in a frying pan and fry the vegetables and leek until tender. Add the eggs, water and seasoning. Stir until the eggs are set, then shape into a crescent, and serve immediately. Or serve flat without folding. (Sufficient for 4.)

## SCRAMBLED EGG

1 egg (reconstituted);  
 $\frac{1}{2}$  oz. fat;  
1 tablespoon milk.  
Salt and pepper.

*Method.*—Add the milk and seasoning to the reconstituted egg and beat lightly with a fork. Melt the fat in a saucepan, add the mixture and cook over a very low heat, stirring as little as possible until it just sets. Serve at once.

*Note.* To make this dish go further, diced cooked vegetables can be added.





## MOCK FRIED EGG

1 egg (reconstituted) ;  
2 slices wheatmeal bread ;  
Salt and pepper.

*Method.*—Beat the egg. Cut holes from the centre of each slice of bread with a small scone cutter. Dip the slices quickly in water and then fry on one side until golden brown. Turn on to the other side, pour half the egg into the hole in each slice of bread, cook till the bread is brown on the underneath side. The bread cut from the centres can be fried and served with the slices.

## MADEIRA CAKE

2 eggs (reconstituted or used dry - see method 3 page 1) ;  
 $\frac{1}{2}$  lb. national flour ;  
 $2\frac{1}{2}$  ozs. margarine ;  
3 ozs. sugar ;  
2 level teaspoons baking powder ;  
A little milk ;  
Flavouring if liked.

*Method.*—Beat eggs. Cream margarine and sugar, add eggs one by one, beating thoroughly. Add flour, baking powder and flavouring. Bake in a moderate oven  $1\frac{1}{2}$ —2 hours.

## CAKE OR PUDDING MIXTURE

1 egg (reconstituted or used dry - see method 3 page 1) ;  
4 ozs. national flour ;  
2 ozs. sugar ;  
2 ozs. fat ;  
1 level teaspoon baking powder ;  
A little milk.

*Method.*—Beat egg. Cream fat and sugar, beat in egg, add the flour mixed with the baking powder. Mix to a soft consistency with a little milk. Spread in tin and bake for 15—20 minutes.

*Note.* This mixture can be steamed in a basin for 1 hour and served as a pudding with a jam or custard sauce. (Sufficient for 4.)



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## COQUET PUDDING

$\frac{1}{2}$  lb. potatoes;  
 $1\frac{1}{2}$  ozs. margarine;  
 $1\frac{1}{2}$  ozs. sugar;  
2 eggs (reconstituted or used dry - see page 1);  
 $\frac{1}{2}$  pint household milk;  
1 tablespoon dried fruit;  
or 1 tablespoon jam.

*Method.*—Cook and mash potatoes with margarine. Add sugar and eggs, beating well. Mix in milk and fruit and pour into a greased pie-dish. Bake in a moderate oven for 30 minutes. (Sufficient for 4.)

## YORKSHIRE PUDDING

1 egg (reconstituted or used dry - see method 3 page 1);  
4 ozs. national flour;  
 $\frac{1}{2}$  pint of milk;  
Salt;  
1 knob dripping or fat.

*Method.*—Beat egg well. Mix flour and salt. Make a hole in the centre and put in the egg and sufficient milk to make a stiff mixture. Beat well, add the rest of the milk. Make the fat smoking hot in a baking tin and pour in the batter. Cook in a brisk oven for about 30 minutes.

*Note.* To this foundation recipe diced cooked vegetables and chopped cooked meat can be added. The addition of fresh or dried fruit makes an attractive sweet dish. The same mixture can be used for pancakes. Pour spoonfuls on to a piping hot greased pan or hotplate.

## STEAMED CUSTARD

2 eggs, reconstituted;  
 $\frac{1}{2}$  pint milk;  
1 level tablespoon sugar;  
Flavouring.

*Method.*—Beat the eggs and sugar very thoroughly. Heat the milk and, when boiling, pour it very gradually on to the eggs, stirring well all the time. Add flavouring and pour into a greased cup or mould; steam in a saucepan until set.

*Note.* Cook the custard as soon as it is mixed. Do not let it stand.

## BAKED CUSTARD

$1\frac{1}{2}$  eggs, reconstituted;  
 $\frac{1}{2}$  pint milk;  
1 level tablespoon sugar;  
Flavouring.

*Method.*—Beat the egg and sugar together very thoroughly. Heat the milk and pour it on the eggs gradually, stirring well all the time. Add the flavouring. Pour into a greased dish; place the dish in a shallow pan of water, hot or cold, allowing the water to come about half-way up the sides of the dish. Bake in a moderately hot oven until the custard is set.

*Note.* Bake the mixture as soon as it is mixed. Do not allow it to stand.