



The Young Citizen Pantry



EGGs contain all the elements necessary to support the body. Two eggs are equal in food value to one-third of a pound of beef. Eggs are a valuable substitute for meat.

It is important to cook eggs at a low temperature so they will be digested easily. If cooked in boiling water they become tough and hard to digest.

We include a number of excellent egg recipes in this issue of *The Young Citizen*.

Bacon and Eggs

Bacon and eggs, or ham and eggs, is a breakfast dish the world over. Fry the eggs as desired; place two eggs on a plate with two or three slices of bacon or a slice of ham. Garnish with a sprig of any suitable green leaf.

Boiled Eggs

Place the desired number of eggs in a pan of boiling water. Remove the pan from the fire so the water will not boil, and allow it to stand for six or eight minutes to cook soft-boiled eggs, or for forty or forty-five minutes to cook hard-boiled eggs. Plunge into cold water.

Eggs and Egg Recipes

Poached Eggs

Have ready a frying-pan or a sauce-pan two-thirds full of boiling water, allowing one-half tablespoon of salt to each quart of water. Break each egg separately into a saucer and carefully slip it into the water. The water should cover the eggs. When there is a film over the top, and the white is firm, carefully remove the eggs from the water and put them on pieces of buttered toast. Always serve poached eggs hot.

Poached Egg for Luncheon

A delicious luncheon dish is made by serving a poached egg on a thick slice of fried tomato which has been placed on buttered toast. Slice a firm tomato, roll in flour, and fry with lard. Season with salt and pepper.

Baked Eggs in Tomatoes

Select well-shaped, firm tomatoes and cut off the stem end. Take out enough of the pulp so that each shell will hold an egg. Place the tomatoes in well greased baking pans, drop in the egg carefully, sprinkle with pepper and salt, and put a small piece

of butter on top of each. Bake until the tomato is soft and the egg is set. Serve on buttered toast.

Dutch Eggs

Cut in half lengthwise firm sweet-peppers. Fill with a well seasoned mixture of bread crumbs and chopped tomatoes. Place an egg in the center and bake until the pepper is soft and the egg is well set.

Stuffed Eggs

Cut six hard-boiled eggs in halves lengthwise; remove the yolks and mash them. Add three tablespoons of melted butter, two tablespoons of mayonnaise, and salt to taste. Stuff this mixture into the white of the eggs, and place them with the cut side down on lettuce leaves.

Plain Omelet

For omelets select large eggs, allowing one egg for each person. Break four eggs into a dish, add seasoning and one tablespoon of hot water or milk. Beat lightly with a fork just enough to mix yolks with whites. Pour into a hot greased pan and fry slowly, moving or lifting the baked portions with a fork, and letting the uncooked egg run underneath the cooked sur-

face. When firm, fold over and bake until brown on both sides.

Scrambled Eggs with Calf's Brains

Soak the calf brains one hour in enough cold water to cover them. Remove the membrane, and parboil twenty minutes in boiling, salted water with one tablespoon of lemon juice or vinegar. Drain and put in cold water; as soon as cold, drain and separate in small pieces. Beat four eggs slightly, add one-half of a cup of milk, one-half of a teaspoon of salt, one-eighth of a teaspoon of pepper, and the calf brains. Fry and serve on buttered toast.

Scrambled Eggs with Ham

Cover a thin slice of ham with lukewarm water and let it stand twenty-five minutes. Cut in strips. Put the ham in a pan with two tablespoons of finely chopped onion and two tablespoons of butter, and cook five minutes. If desired, add sliced mushrooms which have been cooked five minutes. Place the scrambled eggs and ham on a serving dish and garnish with some kind of green leaf.

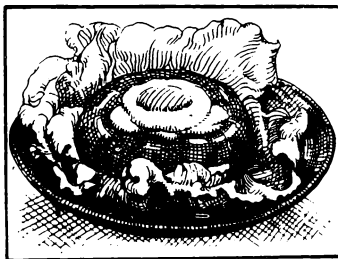
Buttered Eggs

Put one tablespoon of butter in each compartment of a biscuit tin. Put it on the stove, and when the butter is melted slip one egg into each

compartment. Sprinkle with salt and pepper and cover lightly, moving to the back of the stove. When the whites of the eggs are firm turn them onto a heated platter.

French Poached Eggs

Put three pints of boiling water in a pudding pan and add one tablespoon of vinegar and one-half of a tablespoon of salt. Stir vigorously



Baked Egg in Tomato

around the edge of the saucepan while the water is boiling hard. As soon as a well is formed in the middle of the water, slip in an egg. Move from the fire and let it stand until the white of the egg is set. Take it out of the water with a greased skimmer. Repeat until the desired number of eggs are prepared.

Creole Omelet

Melt three tablespoons of butter; add two thinly sliced tomatoes, two finely chopped onions, one-half teaspoon of sugar, one-eighth teaspoon of pepper, and one-half teaspoon of salt. Cook twenty minutes.

Spread half the mixture over half of an omelet. Fold, place on a platter, and garnish with the remainder of the tomato and onion mixture.

Cheese Omelet

Just before folding an omelet, sprinkle with grated cheese which has been slightly seasoned with salt and pepper. After folding, sprinkle again with cheese, and set in a hot oven for a few minutes before serving.

Bacon Omelet

Dice a quarter of a pound of bacon and fry it until crisp. Use bacon fat instead of butter in an omelet pan, and when the omelet begins to set, sprinkle it with the diced bacon. Minced ham may be used instead of the bacon.

Egg Croquettes

Poach six eggs until the whites and the yolks are firm. Then place them on a towel to drain. Cook a slice of onion in two tablespoons of butter for three minutes, and then add one-third of a cup of flour. Stir in gradually one cup of milk, and add the yolks of three eggs slightly beaten. Cook until thick and cool. Dip the eggs in the mixture, roll in bread crumbs and grated cheese, dip in beaten egg and roll again in crumbs, fry in deep fat, and drain on brown paper.