

LESSON

9

PREPARATION OF EGGS FOR BREAKFAST

Student's Guide

9.1 Introduction

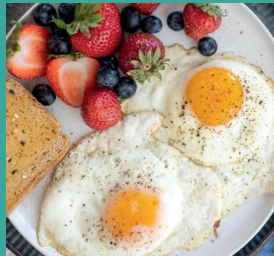
Eggs are a very popular breakfast choice around the world. This is because they are versatile and nutritious, readily available and cheap.



The table below shows some popular egg dishes in Mauritius.



Omlet
Omelette



Dizef mirwar
Eggs sunny side up



Rougay dizef
Egg rougaille



Kari dizef
Egg curry



Salad dizef
Egg salad



Soft boiled eggs








Dizef frire
Fried egg turnover



Dizef roti
Mauritian 'oeuf roti'

The table below shows various ways that eggs can be cooked such as boiled, fried or poached.

1	Boiling of eggs		
			
	Cooking of eggs in its shell in boiling water	Soft boiled egg	Hard boiled egg

2	Frying of eggs		
			
	Cooking of eggs in hot oil in a frying pan	Omelette	Dizef mole Mauritian fried egg
			
	Scrambled eggs	Wirwar	

Poaching of eggs

3



Gentle cooking of eggs without their shell in hot water.

Water level in the saucepan is 8 cm.

Temperature is lower than boiling.

2 tablespoon of vinegar is added to the water.

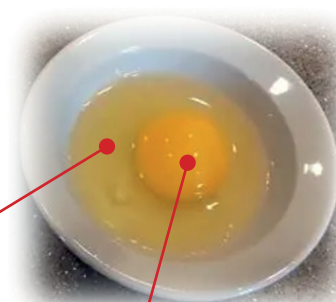


Poached eggs

Benefits of eating eggs

- Starting the day with a balanced breakfast that includes eggs gives you a nutritious start for the day.
- Eggs form part of the **foods for growth** group. Eggs contain substances that help you to **grow well**.

- Egg yolk (the yellow part of the egg) contains fats (**food for energy**) which provides you with **energy to carry out your daily activities**.

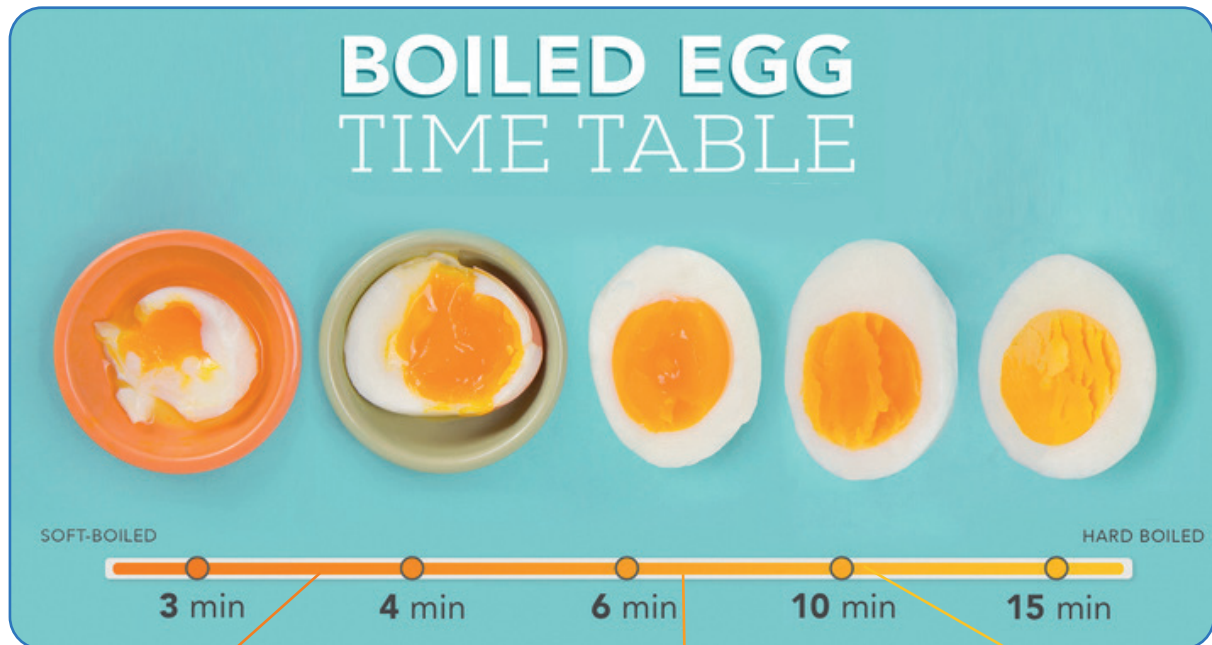


Egg white

Egg yolk

9.2 Boiled eggs

The cooking time plays an important role in determining the texture of boiled eggs. The picture below shows how boiling time influences the texture of boiled eggs.



Boil eggs for 3-4 minutes for a soft-boiled liquid egg

For a softer semi set yolk, you can increase the boiling time to 6-7 minutes

A 10-minute boiling time will result in a hard-boiled egg with a firm, set yolk and white



Activity 9.1: Experiment on boiled eggs

Materials needed for the experiment



3 eggs



water



ice

Equipment needed for the experiment



1 mixing bowl



1 saucepan



1 ladle



1 tablespoon



1 vegetable knife



3 plates

PROCEDURE

Soft boiled egg

- Put water to boil in saucepan
- Plunge an egg in boiling water using a ladle
- Let boil for **3 minutes**
- Remove egg from boiling water using a ladle
- Put in bowl containing ice and water for one minute
- Remove egg from ice after one minute
- Place in egg cup or plate
- Break the top shell delicately using a spoon

Medium boiled egg

- Put water to boil in saucepan
- Plunge an egg in boiling water using a ladle
- Let boil for **6 minutes**
- Remove egg from boiling water using a ladle
- Put in bowl containing ice and water for one minute
- Remove egg from ice after one minute
- Place in egg cup or plate
- Break the top shell delicately using a spoon

Hard boiled egg

- Put water to boil in saucepan
- Plunge an egg in boiling water using a ladle
- Let boil for **9 minutes**
- Remove egg from boiling water using a ladle
- Put in bowl containing ice and water for one minute
- Remove egg from ice after one minute
- Place in egg cup or plate
- Remove half of the shell delicately using a spoon

RESULTS

Soft boiled egg



The egg inside should be **liquid (runny)**

Medium boiled egg



The egg inside should be **soft with semi liquid**

Medium boiled egg



The egg inside should be **hard**



Activity 9.2: Practical

Recipe: Cheese and mushroom omelette

No of servings: 1

Ingredients	Quantity
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Eggs	2
Tomato	1 small
Mushroom, sliced	2-3
Onion	1 small
Parsley, chopped	1 Tbsp
Cheese, grated	40 g
Salt	A pinch
Pepper	A pinch
Vegetable oil or butter	1 tsp

Serving:

Serve with 3 slices of toasts.



Cheese and Mushroom Omelette

Variations

- Add 30 g diced chicken ham.
- Add 30 g dices bell peppers.
- Add 1 tbsp chopped spring onions.



Equipment needed for the practical class



1 mixing bowl



1 teaspoon



1 tablespoon



1 fork



1 electronic scale



1 chopping board



1 vegetable knife



1 plate



1 frying pan



1 butter knife



1 breadknife



1 small bowl



1 grater



1 non-stick cooking spoon

Materials needed for the practical class



apron



hair net



dish towel



hand towel

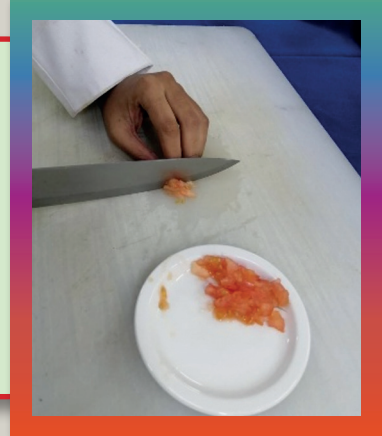


disposable gloves
(optional)

Step-by-step instructions

1

Dice tomato.



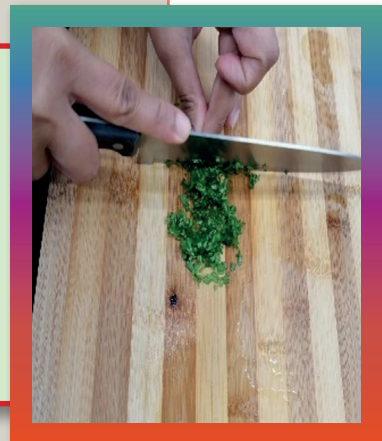
2

Grate cheese.



3

Chop parsley.



4

Dice onion.



Step-by-step instructions

5

Slice the mushrooms.



6

Break the eggs, one at a time in a mixing bowl. Whisk using a fork or a hand whisk.



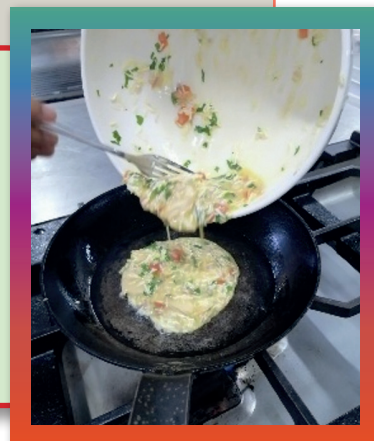
7

Add the diced tomato, grated cheese, sliced mushroom, diced onions and parsley in the egg. Season with salt and pepper. Whisk well.



8

Heat the oil or butter in a frying pan. Pour the mixture.



Step-by-step instructions

9

Allow it to be cooked on one side for 1-2 minutes on medium heat. Flip the omelette using a non-stick cooking spoon. Allow to cook for 1-2 minutes.



10

Remove the omelette from the frying pan. It can be folded or rolled. Serve the omelette hot with slices of bread.



Activity 9.3: Summary

Now that you have prepared your cheese and mushroom omelette, you can attempt the following questions:

a. Name another ingredient which can be added to make the omelette healthier.

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b. List one kitchen equipment which is used to prepare the omelette.

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c. How can you garnish the omelette?

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