

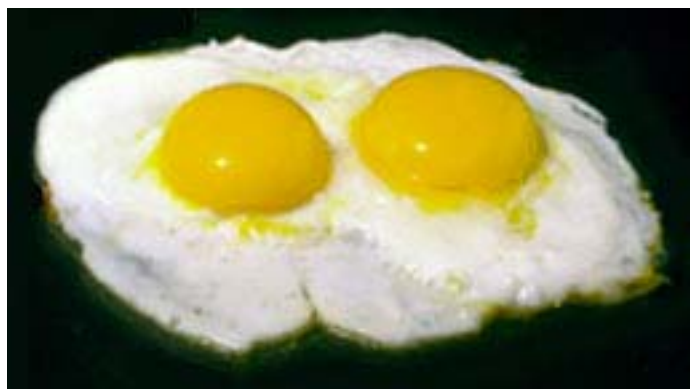
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111 EGG Recipes

# 111 EGG Recipes

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*Author of Mrs. Rorer's New Cook Book, Philadelphia Cook Book, Bread  
And Bread-Making, Many Ways for Cooking Egg etc.*



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## 111 EGG Recipes

### CONTENTS

#### Cooking of Eggs



To Preserve Eggs  
Mexicana  
Meyerbeer  
a la Paysanne  
Baked in Tomato Sauce  
Fillets  
Timbales  
en Cocotte  
Eggs en Panade  
To Poach Eggs  
Prescourt  
Richmond  
Lakme  
Japanese  
Poached on Fried Tomatoes  
a l'Imperatrice  
a la Livingstone  
Monte Bello  
Benedict  
Curried

Jefferson  
Deviled

EGGING AND CRUMBING  
On a Plate  
a la Reine  
a la Trinidad  
a la Martin  
a la Suisse  
Coquelicot  
Steamed in the Shell  
Egg Pudding  
Eggs Mirabeau  
Courtland  
Hungarian  
Malikoff  
a la Windsor  
a la Finnois  
with Chestnuts  
Mornay  
a la Bourbon  
To Hard-boil  
Beauregard

Washington  
a la Tripe

SHIRRED EGGS  
de Lesseps  
au Miroir  
Rossini  
a la Valenciennes  
with Nut-Brown Butter  
Suzette  
Birds' Nests  
a la Bonne Femme  
Norwegian  
Louisiana  
Nova Scotia  
Virginia  
Buckingham  
a la Gretna  
a la Regence  
Zanzibar  
Bernaise, a la Rorer  
Creole  
Lafayette

au Gratin  
a l'Aurore

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## 111 EGG Recipes

a la Dauphin  
Scalloped  
Deviled Salad  
a la Polonnaise  
a la Russe  
Chops  
Scrambled with Lettuce  
with Rice and Tomato

a la Bennett  
Farci  
Japanese Hard  
A la Hyde  
Lyonnaise  
Plain Scrambled  
Scrambled with Shrimps  
with Asparagus Tips

Brouilli  
Balls  
en Marinade  
a la Vinaigrette  
Croquettes  
Scrambled with Chipped Beef  
with Fresh Tomatoes  
Egg Flip

### Omelets



Omelet with Asparagus Tips  
Havana  
with Oysters  
with Tomatoes  
With Cheese  
Spanish  
with Fresh Mushrooms  
with Potatoes

with Green Peas  
with Tomato Sauce  
with Sweetbreads  
with Ham  
with Fine Herbs  
Jardiniere  
O'Brien

### Sweet Omelets

Omelet a la Washington  
a la Duchesse

with Rum  
Souffle

Swiss Souffle

### **Egg Recipe Links**

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## 111 EGG Recipes

### Recommended Recipe Links

**One low carb diet plan that always works**

<http://hop.clickbank.net/?ecomdeal/collaziano>

**Unlocked The Secret Of Losing Weight  
Physician's Proven Diet System**

<http://hop.clickbank.net/?ecomdeal/kipppubco>

**The Negative Calorie Diet weight loss ebook**

<http://hop.clickbank.net/?ecomdeal/20bucks>

**Yummy Cake Recipes**

**Delicious and easy to make Family Fruit Cake**

<http://hop.clickbank.net/?ecomdeal/sweets4u>

**Healthy Low Carb Food in Minutes**

<http://hop.clickbank.net/?ecomdeal/chrischoi>

**America's Most Wanted Recipes!**

**All-Time Favorite Recipes to Easily Prepare in Your Own Kitchen.**

<http://hop.clickbank.net/?ecomdeal/2cook>

**Health-E-Meals.com - Quick and Healthy Recipes, Snacks**

<http://hop.clickbank.net/?ecomdeal/health2>

**Atkins Diet:1000 Atkins Friendly Low Carb Diet Recipes**

<http://hop.clickbank.net/?ecomdeal/stsinc>

**Fat Burning Recipes.**

**Want To Know All About These New Recipes That Makes It Remarkably  
Easy To Burn Fat Faster.**

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## 111 EGG Recipes

### COOKING OF EGGS



Any single food containing all the elements necessary to supply the requirements of the body is called a complete or typical food. Milk and eggs are frequently so called, because they sustain the young animals of their kind during a period of rapid growth. Nevertheless, neither of these foods forms a perfect diet for the human adult. Both are highly nutritious, but incomplete.

Served with bread or rice, they form an admirable meal and one that is nutritious and easily digested. The white of eggs, almost pure albumin, is nutritious, and, when cooked in water at 170 degrees Fahrenheit, requires less time for perfect digestion than a raw egg. The white of a hard-boiled egg is tough and quite insoluble. The yolk, however, if the boiling has been done carefully for twenty minutes, is mealy and easily digested. Fried eggs, no matter what fat is used, are hard, tough and insoluble. The yolk of an egg cooks at a lower temperature than the white, and for this reason an egg should not be boiled unless the yolk alone is to be used.

Ten eggs are supposed to weigh a pound, and, unless they are unusually large or small, this is quite correct.

Eggs contain from 72 to 84 per cent. of water, about 12 to 14 per cent. of albuminoids. The yolk is quite rich in fat; the white deficient. They also contain mineral matter and extractives.

To ascertain the freshness of an egg without breaking it, hold your hand around the egg toward a bright light or the sun and look through it. If the yolk appears quite round and the white clear, it is fresh. Or, if you put it in a bucket of water and it falls on its side, it is fresh. If it sort of topples in the water, standing on its end, it is fairly fresh, but, if it floats, beware of it. The shell of a fresh



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## 111 EGG Recipes



egg looks dull and porous. As it begins to age, the shell takes on a shiny appearance. If an egg is kept any length of time, a portion of its water evaporates, which leaves a space in the shell, and the egg will "rattle." An egg that rattles may be perfectly good, and still not absolutely fresh.

### TO PRESERVE EGGS

To preserve eggs it is only necessary to close the pores of the shells. This may be done by dipping them in melted paraffine, or packing them in salt, small ends down; or pack them in a keg and cover them with brine; or pack them in a keg, small ends down and cover them with lime water; this not only protects them from the air, but acts as a germicide.

Eggs should not be packed for winter use later than the middle of May or earlier than the first of April. Where large quantities of the yolks are used, the whites may be evaporated and kept in glass bottles or jars. Spread them out on a stoneware or granite plate and allow them to evaporate at the mouth of a cool oven. When the mixture is perfectly dry, put it away. This powder is capable of taking up the same amount of water that has been evaporated from it, and may then be used the same as fresh whites.

### EGGS AND CRUMBING

To do this successfully one must prepare a mixture, and not use the egg alone. If an egg mixture or a croquette is dipped in beaten egg and rolled in cracker crumbs and dropped into fat, it always has a greasy covering. This is the wrong way. To do it successfully and have the articles handsome, beat the egg until well mixed, add a teaspoonful of olive oil, a tablespoonful of water and a dash of pepper. Dip the articles into this mixture, and then drop them on quite a thick bed of either sifted dry bread crumbs or soft white bread crumbs.

I prefer sifted dry bread crumbs for croquettes, and soft white crumbs for lobster cutlets and deviled crabs.



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## 111 EGG Recipes



### SHIRRED EGGS

Cover the bottoms of individual dishes with a little butter and a few fresh bread crumbs; drop into each dish two fresh eggs; stand this dish in a pan of hot water and cook in the oven until the whites are "set." Put a tiny bit of butter in the middle of each, and a dusting of salt and pepper.

### EGGS MEXICANA

Put two tablespoonfuls of butter in a saucepan. Add four tablespoonfuls of finely chopped onion and shake until the onion is soft, but not brown. Then add four Spanish peppers cut in strips, a dash of red pepper and a half pint of tomatoes; the tomatoes should be in rather solid pieces. Add a seasoning of pepper and salt. Let this cook slowly while you shir the desired quantity of eggs. When the eggs are ready to serve, put two tablespoonfuls of this sauce at each side of the dish, and send at once to the table.

### EGGS ON A PLATE

Rub the bottom of a baking dish with butter. Dust it lightly with salt and pepper. Break in as many fresh eggs as required. Stand the dish in a basin of water and cook in the oven five minutes, or until the whites are "set." While these are cooking, put two tablespoonfuls of butter in a pan and shake over the fire until it browns. When the eggs are done, baste them with the browned butter, and send to the table.

### EGGS DE LESSEPS

Shir the eggs as directed. Have ready, carefully boiled, two sets of calves' brains; cut them into slices; put two or three slices between the eggs, and then pour over browned butter sauce.

### EGGS MEYERBEER

To each half dozen eggs allow three lambs' kidneys. Broil the kidneys. Shir the eggs as directed in the first recipe. When done, put half a kidney on each side of the plate and pour over sauce Perigueux.



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## 111 EGG Recipes



### EGGS A LA REINE

6 eggs  
1/2 pint of chopped cold cooked chicken  
1/2 can of mushrooms  
2 tablespoonfuls of butter  
2 tablespoonfuls of flour  
1/2 pint of milk  
1/2 teaspoonful of salt  
1 saltspoonful of pepper

Use ordinary shirring dishes for the eggs; butter them, break into each one egg, stand these in a pan of boiling water and in the oven until they are "set." Rub the butter and flour together, add the milk, stir until boiling, add the salt, pepper, chopped chicken and mushrooms, and put one tablespoonful of this on top of each egg and send at once to the table. This is also nice if you put a tablespoonful of the mixture in the bottom of the dish, break the egg into it, and then at serving time put another tablespoonful over the top.


### EGGS AU MIROIR

Cover the bottom of a graniteware or silver platter with fresh bread crumbs, break in as many eggs as are needed for the number of persons to be served. Put bits of butter here and there, stand the platter over a baking pan of hot water in the oven until the eggs are "set," dust them with salt and pepper and send them to the table.


### EGGS A LA PAYSANNE

6 eggs  
1/2 cupful of cream  
2 tablespoonfuls of grated onion  
1 clove of garlic  
1/2 teaspoonful of salt  
1 saltspoonful of pepper

Add the onion and the garlic, mashed, to the cream; pour it in the



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## 111 EGG Recipes

bottom of a baking dish, break on top the eggs, dust with salt and pepper, stand the baking dish in a pan of water and cook in the oven until the eggs are "set." Serve in the dish in which they are cooked.

### EGGS A LA TRINIDAD

6 eggs  
2 lamb's kidneys  
1 cupful of fresh bread crumbs  
2 level tablespoonfuls of butter  
2 level tablespoonfuls of flour  
1/2 pint of stock  
1 teaspoonful of kitchen bouquet  
1/2 teaspoonful of salt  
1 saltspoonful of pepper

Split the kidneys, cut out the tubes; scald them, drain, and cut them into thin slices. Put the butter into a saucepan, add the kidneys, toss until the kidneys are cooked, then add the flour, stock, kitchen bouquet, salt and pepper; stir until boiling. Grease a shallow granite or silver platter, break into it the eggs, sprinkle over the bread crumbs and stand them in the oven until the eggs are "set," then pour over the sauce, arrange the kidneys around the edge of the dish and send at once to the table.

### EGGS ROSSINI

6 eggs  
4 chicken livers  
12 nice mushrooms  
1/2 cupful of stock  
1/2 teaspoonful of salt  
1 dash of pepper

Put the stock in a saucepan and boil rapidly until reduced one-half, add a drop or two of browning. Throw the chicken livers into boiling water and let them simmer gently for ten minutes; drain. Slice the mushrooms and put them, with the livers, into the stock; let them stand until you have cooked the eggs. Put a tablespoonful of butter in the bottom of a shallow platter; when melted break in the eggs, stand them in the oven until "set," garnish with the livers and mushrooms



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## 111 EGG Recipes



and pour over the sauce.

### EGGS BAKED IN TOMATO SAUCE

Make a tomato sauce. Pour one-half in the bottom of a baking dish or granite platter, break in from four to six fresh eggs, cover with the other half of the sauce, dust the top with grated cheese, and bake in a moderate oven until "set," about fifteen or twenty minutes. Serve for supper in the place of meat.

### EGGS A LA MARTIN

Make a half pint of cream sauce. Put half of it in the bottom of a baking dish or into the bottom of ramekin dishes or individual cups. Break fresh eggs on top of the cream sauce, dust with a little salt and pepper, pour over the remaining cream sauce, sprinkle the top with grated cheese, and bake in a moderate oven until the cheese is browned and eggs are "set." Serve in the dish or dishes in which they are cooked.

### EGGS A LA VALENCIENNE

6 eggs  
1 pint of dry boiled rice  
1/2 pint of strained tomato  
2 mushrooms  
2 tablespoonfuls of grated Parmesan cheese  
2 level tablespoonfuls of butter  
2 level tablespoonfuls of flour  
1/2 saltspoonful of grated nutmeg  
1/2 teaspoonful of paprika  
1 teaspoonful of salt  
1/2 saltspoonful of pepper

Rub the butter and flour together, add the strained tomato, stir until boiling, add the mushrooms, sliced, salt, paprika, nutmeg and pepper. Take a granite or silver platter, put in two tablespoonfuls of butter extra, let the butter melt and heat; break into this the eggs, being very careful not to break the yolks. Let the eggs cook in the oven until "set." Then put around the edge of the dish as a garnish the

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