

Official notice which appeared in local newspapers in May 1945  
 New ways of using dried eggs

# FOOD FACTS

## NEW ways of using dried eggs

*They'll help you to give variety to your cooking*

**M**OST women realize now what a boon it is to have eggs always at hand in a packet, and to be able to make delicious egg dishes often. But not everyone realizes the large number of ways in which dried eggs can be used. Here are some suggestions for using them in ways which will be new to many women. Try them and see what variety you can get into your cooking with dried eggs.



*If you haven't a sieve, get out the lumps from the egg powder by rubbing between the finger-tips.*



*Pastry looks better, tastes better, if you brush it over with a little reconstituted egg before baking.*



*It's quite easy to make hard-boiled eggs with dried eggs if you follow the instructions here.*



*raising flour); a little milk; flavouring if liked.*

**To save fat in frying**  
 Use reconstituted eggs for coating fish fillets, fish cakes, rissoles, bread, sliced cooked potato, before frying. You need less fat this way, as the egg forms a coating which stops the fat being absorbed.

**A "fresh-flavour" tip for Scrambled Eggs**  
 Have you tried adding a little mustard when making scrambled eggs? Add it with the other seasoning — half a teaspoonful of dry mustard for four eggs.

**For "professional" pastry**  
 Give your pastry the real professional touch by brushing it over with reconstituted egg before baking. The advantage of dried eggs is that you don't have to break a whole egg when you want to use a very small amount. You can reconstitute just the quantity you need for immediate use.

**Better baking**  
 Add dried eggs to scones, buns, dumplings, and pastry. It makes them richer, gives a better colour, and added nourishment. Use one to two level tablespoons of dried egg to half a pound of flour, mixing the egg powder dry with the flour.

**Hard-boiled eggs**  
 Reconstitute the eggs in the usual way, and pour into well-greased egg-cups or moulds — one egg to a mould. Put the moulds into a saucepan of hot water coming half-way up sides of moulds, and simmer gently for 15 minutes, until set. Turn out by running a knife round the edge.

**French Fry**  
 Dip pieces of bread in well-seasoned reconstituted egg, soak well, and fry with bacon. This is more nourishing than fried bread and uses less fat. Sandwiches can be fried this way too: they make a delightful supper dish.

**Richer milk puddings**  
 Add one or two reconstituted eggs to milk puddings, using a mixture of milk and water if milk is short. This improves the flavour and makes a splendid nourishing pudding for children.

**MADEIRA CAKE**  
 2½ oz. margarine; 3 oz. sugar; 2 dried eggs, DRY; 4 tablespoons water; ½ lb. plain flour and 4 level teaspoons baking powder (or ½ lb. self-raising flour); a little milk; flavouring if liked.  
 Cream margarine and sugar, add eggs dry, beating thoroughly, then beat in water gradually. Add flour, baking powder, and flavouring. Bake in a moderate oven 1½ to 2 hours.

**THE PRESENT ALLOCATION** of dried eggs is one packet per ration book each four-week period (as from April 29th); two for green books.

**More children to get Orange Juice in May and June**

**Good News!** Thanks to a temporary increase in supplies, the allocation of orange juice will be extended to include children from 5 to 10 years old, for eight weeks between May 7th and June 30th. If you are the mother of a child under 10, don't miss this chance of giving your child this valuable food, rich in Vitamin C. A bottle of orange juice costs 5d. Take your ration book and 5d. in stamps to your nearest distribution centre or Food Office.

**LISTEN TO THE KITCHEN FRONT, TUESDAY, WEDNESDAY, THURSDAY & FRIDAY at 8.15 a.m.**

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