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# DRIED EGGS

The Ministry of Food dried eggs are pure eggs with no additions, and nothing but the shell and the water taken away. They are pure eggs, spray dried. They are just as good as fresh eggs and can be used in the same ways. Here are some recipes for a variety of dishes, some of which can be used in place of meat, fish or cheese.

## TWO WAYS OF RECONSTITUTING DRIED EGGS

1 level tablespoon dried eggs } equals 1 egg.  
2 " " water

*Either*

Mix egg to a smooth paste with half the water. Beat till lumps have been removed. Add the remaining water and beat again with a fork or whisk.

*or*

Mix the eggs 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.

## USE AT ONCE

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

## HOW TO USE DRIED EGGS

Use in recipes exactly as fresh eggs, beating as usual before adding to other ingredients ; or for plain cakes and puddings, batters, etc., the eggs 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 ; or for cake and pudding mixtures where the creaming method of mixing is used, add the eggs dry to the creamed fat and sugar. Beat well, gradually adding the amount of water required for reconstituting the eggs.

## STORAGE

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

Number

WAR COOKERY LEAFLET 11

MINISTRY OF FOOD





## BACON AND EGG PIE (Enough for 4)

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

Line a plate with half the pastry. Beat the egg. 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.

## EGG CUTLETS (Enough for 4)

$1\frac{1}{2}$  lb. mixed cooked vegetables (chopped finely) ;  
 $1\frac{1}{2}$  oz. oatmeal ;  
4 dried eggs, dry ;  
Salt and pepper.

Mix all ingredients together. Heat a little fat in frying-pan till smoking hot and fry spoonfuls of the mixture till golden brown all over. Serve sprinkled with chopped parsley.

## OMELETTE (Enough for 4)

3-4 dried eggs reconstituted ;  
 $\frac{1}{2}$ — $\frac{3}{4}$  oz. fat ;  
Salt and pepper.

Season the eggs and beat well. Meanwhile have  $\frac{1}{2}$  oz. cooking fat heating in frying pan. Heat till a faint blue smoke rises. Pour eggs quickly into pan. As they cook, lift edges with a knife or fork and let the liquid egg run under till all is set. Do not over cook. Fold over away from handle of the pan, and turn on to a plate.

## SPANISH OMELETTE (Enough for 4) (Variation)

2 dried eggs reconstituted ;  
8 oz. 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.

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, fold in half, and serve immediately ; or serve flat without folding.

## SCRAMBLED EGG (Enough for 4)

4-5 dried eggs reconstituted ;  
1 oz. fat ;  
4 tablespoons milk.  
Salt and pepper.

Add the milk and seasoning to the 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.



## HARD BOILED DRIED EGGS

Reconstitute the eggs in the usual way, season, and pour into small greased moulds or egg cups. One egg is sufficient for each mould. Place the egg cups or moulds in a saucepan with boiling water coming half-way up the side of the moulds. Simmer gently until the eggs are set—10-15 minutes.

Turn out of the moulds and leave to cool. When cold use in the same way as fresh hard-boiled eggs in sandwiches, salads, garnishes, scotch eggs, curried eggs, etc.

For variety add chopped parsley, onion or chives, herbs or other flavouring to the eggs before steaming.

## MADEIRA CAKE

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|----------------------|----------------------------------|
| 2½ oz. margarine;    | ½ lb. national flour;            |
| 3 oz. sugar;         | 4 level teaspoons baking powder; |
| 2 dried eggs dry;    | 3—4 tablespoons milk;            |
| 4 tablespoons water; | Flavouring if liked.             |

Cream margarine and sugar, add eggs dry, beating thoroughly, beat in water gradually. Add flour, baking powder, flavouring and milk to make to a soft consistency. Bake in a moderate oven 1½—2 hours, in a 7 inch diameter tin.

## CAKE OR PUDDING MIXTURE

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|----------------------|----------------------------------|
| 2 oz. fat;           | (Enough for 4)                   |
| 2 oz. sugar;         | 4 oz. national flour;            |
| 1 dried egg dry;     | 2 level teaspoons baking powder; |
| 2 tablespoons water; | A little milk.                   |

Cream fat and sugar, beat in egg dry, beat in water gradually. 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 in a 7-8 inch sandwich tin or bake for 40 minutes in a 5 inch cake tin.

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

## COQUET PUDDING

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|-------------------|----------------------------------|
| ½ lb. potatoes;   | 2 dried eggs reconstituted;      |
| 1½ oz. margarine; | ½ pint household milk;           |
| 1½ oz. sugar;     | 1 tablespoon jam or dried fruit. |

Cook and mash potatoes with margarine. Add sugar and eggs, beating well. Mix in milk and jam or fruit and pour into a greased pie-dish. Bake in a moderate oven for 30 minutes.



## YORKSHIRE PUDDING

4 oz. flour ;  
Salt ;  
1 dried egg dry ;  
 $\frac{1}{2}$  pint of milk ;  
2 tablespoons water ;  
1 knob dripping or fat.

Mix egg, flour and salt with sufficient milk to make a stiff mixture. Beat well, add the rest of the milk and water. Heat the fat until smoking hot in a baking tin, then pour the batter into the tin. 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 diced fruit makes an attractive sweet dish.

## PANCAKES

Use the same mixture as for Yorkshire Pudding. Heat a small frying pan and just enough fat to grease the bottom well. When hot pour in a very thin layer of batter. Cook until brown on one side, turn or toss and brown on the other side. Serve in any of the following ways :—  
Sprinkle with sugar and lemon juice and roll up, or add grated orange or lemon peel to the batter before cooking.

*or*  
Spread with jam and roll up.

*or*  
Sprinkle with grated cheese before rolling up.

*or*  
Put in a little savoury filling before rolling, e.g., sauce mixed with cooked vegetables, fried onion or leeks, cooked meats, sausage meat and any left overs.

## BOILED CUSTARD or CUSTARD SAUCE

2 dried eggs dry ;                   1 level tablespoon sugar ;  
2 level tablespoons flour ;       1 pint milk.

Mix together egg, flour and sugar. Blend with a little cold milk to form a thin cream. Boil the rest of the milk and when boiling pour the milk slowly on the egg mixture, stirring well all the time. Return to the pan ; bring the custard to the boil, and boil for 1 to 2 minutes.

*Note.* If household milk is used mix 5 level tablespoons of the milk in powder form with the egg, flour and sugar. Blend to a cream with a little water, bring the rest of the water to the boil (1 pint in all) and proceed as above.

## BAKED CUSTARD (Enough for 4)

3-4 dried eggs, reconstituted ;   1 level tablespoon sugar ;  
1 pint milk ;                            Flavouring.

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. This mixture will make an excellent custard tart if the hot custard is poured into a pastry case and baked.