

### Egg Selection

Always select fresh eggs which can be found out by placing them in cold water. The fresh ones will sink, while the bad ones will float. But the test is not possible when eggs are brought in the market. In this case, hold the egg between two fingers against a bright light, if the top and bottom ends are clear, the egg is good. On the other hand, if one of the ends has a cloudy and colored appearance the egg should be rejected.

Egg is one the most nutritious foods. It has all the nourishing properties that a human body requires. It can be given both as light and very digestible food to convalescent and sick persons and as hard and solid food to the healthy and strong. Egg is used in preparing a variety of cakes, puddings, creams, etc. Besides a variety of dishes are prepared from it. **Poached**

### Eggs

Break the e eggs, drop them carefully into boiling water in a sauce pan and with spoon pour boiling water from the same pan over the eggs and boil for a couple of minutes till the whites are either transparent or set as desired. If a teaspoon of salt and vinegar is put in the boiling water, the eggs will not spread. Serve sprinkled with salt and pepper powder.

### Boiled Eggs

Eggs are boiled according to one's taste. Quarter boiled, half boiled, soft boiled and hard boiled. Most people like half boiled eggs for breakfast.

Carefully lower the eggs with a ladle to the boiling water, taking care that they do not crack. Boil them for 2 or 2 and a half minutes for quarter boiled.

3 - 4 minutes for half boiled.

7 minutes for soft boiled and about

15 minutes or over for hard boiled eggs.

When done, put them in cold water, for ten minutes. Remove the shells of hardboiled eggs and for eggs cooked other ways, crack right round the centre and break into half or crack the broad end of the eggs and open and remove the yolk full with an egg spoon.

Serve with salt and pepper and powder.