

YOUNG CHEFS[®] ACADEMY

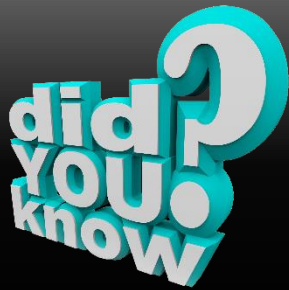


INSPIRING A **NEW GENERATION** OF CHEFS

Month 2 ~ Working With Eggs!

In October, we had some "egg-cellent" recipes and tips with plenty of opportunities to hone your egg-cracking skills!

Take a look at the material below and practice the skill focus. Then, visit <https://youngchefsacademy.com/ktokday> for recipes to really put each skill to the test!



Did you know? When proteins are cooked, they coagulate. This simply means they go from a semi-soft to firm texture when heat is applied. This happens to all proteins when cooked, such as eggs! You'll notice in both recipes this month, the texture of the eggs will become firmer as it cooks.

This month's delicious recipes will allow plenty of opportunity to practice your new skills!

Let's Practice!

- Practice cracking your eggs without breaking the yolk
- Practice separating eggs...here's how!



First, crack the egg into a clean bowl.






Next, using your fingers (cupped and held tightly together), let the egg yolk slide into your hand.



Then, slowly raise your hand, letting the egg white drip back into the bowl.

Before you get started on this month's recipes, be sure to...

- Read through your recipe at least once before getting started!
- Mise en Place ~ Be sure to have everything you need (ingredients, equipment, prep items necessary,...)
- Don't be afraid to change a few things to make it your own! Keep in mind that this is a lot easier to do when cooking while baking is more precise.

		
Egg Tip #1....	Egg Tip #3....	Egg Tip #3....
<p>How do you keep your yolks from breaking when you crack an egg?</p> <p>Always use the flat surface or countertop to make the first crack, so the egg yolk doesn't break!</p>	<p>Are Steamed Eggs Really Easier To Peel?</p> <p>Click Here to find out!</p>	<p>Start with hot or cold eggs when separating?</p> <p>Eggs separate easier when cold. If your recipe calls for eggs at room temperature, separate the eggs in separate bowls and let come to room temperature before adding to other ingredients.</p>

Can you guess what our next skill will be next month? New recipes, tips and tricks will be posted every 2nd Friday of the month, along with some special treats to continue celebrating National Kids Take Over The Kitchen Day...All Year Long!