

18+ Alexey Glazyrin

*Russian cooking  
for men. All  
about egg dishes*



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All about egg dishes**

«Издательские решения»

**Glazyrin A.**

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This book is not an encyclopedia in the field of cooking, but it will help men to make a delicious breakfast or dinner for themselves, and treat them friends or their girlfriend...

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# **Russian cooking for men. All about egg dishes**

**Alexey Glazyrin**

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**Russian cooking for men. All about fried eggs**

## **In every man, a great culinary doze**

But it's not the most important of its properties. In books with old recipes, you can find recipes which include eggs with the shell, there are recipes that use only the shell. The question of what are the benefits of egg shells to human health, asked the Hungarian Dr. Krompecher with a group of physicians and biologists. The studies were carried out for ten years or more, the result of these studies showed that egg shell is a perfect source of calcium, easily assimilated by the body.

We all know that the most common metabolic disorders, is the lack of calcium mainly in the bones. The result of this violation, is rickets and abnormal growth of teeth in children curvature of the spine, poor teeth, brittle bones in old age. Violation of calcium metabolism leads to anemia, frequent colds, various allergies, herpes on the lips, poor resistance to radiation. For women calcium deficiency threatens, the appearance of whiter, weak labor pains, atony of the muscles of the uterus. It is very difficult to get rid of disorders of calcium metabolism, since the drugs used in this case calcium chloride, gypsum, chalk – poorly absorbed by the body.



The studies which were held by Hungarian doctors, it has been proven that the egg shells consists of 90% calcium carbonate ( calcium carbonate), it is absorbed very easily by the human body. And that's not all, in-shell contains needed minerals such as: copper, fluoride, iron, manganese, molybdenum, phosphorus, sulfur, zinc, silicon and many others, a total of 27 items! Because our daily food contains very little silicon and molybdenum, and they are necessary for the normal course of biochemical reactions in the body, to use the shell very useful.

Composition of bones and teeth of man very similar to the composition of the egg shell, has a stimulating effect on the hematopoietic function of bone marrow, which is very important in the case of radiation damage. Regularly taking crushed shells of eggs, you get a high therapeutic activity, no side effects, no bacterial infections. Unlike the eggshell, the shell of duck eggs is not suitable for use. Quite often there are infected.

A very useful shell chicken eggs to small children. It must be consumed with one year as a child's body grows rapidly the bone tissue, and this requires a constant supply of calcium. In rickets and anemia, is very useful to add crushed egg shells in the baby food. Based on research results, Dr. Krompeher advises:

Use the shell during pregnancy as a prophylaxis;

In adolescence and youth (before 19—20);

It is especially recommended for children from one year to six years;

As a prophylaxis, twice a year should be used by adults in order to prevent diseases of the spine, dental caries and osteoporosis;

It is very useful to use the shell as a means that removes radionuclides, since it does not allow strontium-90 nuclei to accumulate in the bone marrow (apply from 2 to 6 grams per day).

*The method of using eggshells is quite easy. Pre-wash the eggs in warm water with soap, and then rinse well. Most often, special sterilization is not required. To prepare the shell for children, it is necessary to place in boiling water for 5 minutes. The eggshell boiled eggshell can also be consumed. It is less active, but was sterilized during cooking. It is necessary to apply – from 1.5 to 3 grams every day, taking into account age. It is possible to grind a shell both in a mortar, and in a coffee grinder. However, in a coffee grinder, the medicine is less active. Eat well at breakfast, adding to the cottage cheese or porridge.*

For men in the kitchen, as in war, the main thing is to rationally organize their work and provide for their rear areas. It will be sad if during the preparation of the borscht it turns out that there is no cabbage, and the tomato paste is moldy, or if in the process of stewing the meat, it turns out that the whole onion went to the herring. Therefore, before each expedition to the kitchen, it would be nice to be acquainted with the contents of the refrigerator and chests. If you have potatoes, onions and meat, then you will not go hungry. If only the potatoes were not frozen, the onions were not rotten, and the meat was not... However, there can be any meat, not even meat, but on what it was held, that is, bones. You can make excellent broth from them, add onions, potatoes...

Since ancient times, man has been considered a man because he took on the functions of hunting and obtaining food. True, once they were too carried away by the hunting process (apparently, a great herd of mammoths was caught) and released the reins of government from their hands, however, the experiment with matriarchy quickly ended, and since then men have been holding power tightly in their hands. However, he also has no one to entrust the functions of hunting and obtaining food with. Unless the nature of the hunt changed, and the jungle came to the place of the primeval forest, the fried mammoth is replaced by trivial greens with a portrait of Ben Franklin, well, the tax police acts as a saber-toothed tiger.

In addition, despite the fact that most men believe that his duty as a hunter is fulfilled at the stage when his salary migrates in the wife's purse (and therefore the image of a muzzled woman with string bags in both hands has become traditional), however, a good example is a man on a weekend trip to the market.

## Chapter 1

From eggs you can cook many different types of fried eggs, which we will consider today. You are surprised at how many recipes you have not even heard of.

Interesting! Eggs contain many vitamins and minerals, namely folic acid, biotin, potassium, phosphorus, iron, B vitamins, vitamins A, E, D and many other components. One egg contains 15% of the daily protein required by humans.

## DESCRIPTION

The most common fried eggs can be, firstly, much tastier than most of us are used to thinking and, secondly, able to reconcile a person with the mood of any morning on any working day. You need to cook fried eggs for breakfast so that not just any European can envy the result, but an Englishman or a citizen of Ireland, where this food is considered a traditional breakfast. True, they certainly fry bacon in addition to eggs, but nothing prevents us from frying bacon or boiling sausage, for example.

### Ingredients

Chicken egg (the fresher, the better) – 4 pcs. Seasoning “Paprika” or “For fried eggs”, or any greens. Vegetable oil for frying. Salt. Desirable lack of a hangover.

### STEP 1

Observance of trifles (there is nothing more important than) in the preparation of this “children’s” dish will make it your pride in those who are lucky enough to have breakfast at the same table with you. That is, what I wanted to say? There are no trifles in this recipe, just as there is nothing superfluous.

### STEP 2

Set the pan to warm up. Pour in a pan of sunflower oil (olive oil is less harmful, it seems) oil – there should be quite a lot of oil (more precisely, it should not be enough), and there is no reason to worry about it, because egg white does not absorb oil – and now let an already heated pan heats the oil.

### STEP 3

Eggs will need to be taken one at a time. The fact is that we must not allow the yolk to spread – it will be our / your defeat! Therefore, you should do this: take a soup plate and break the egg over it, carefully moving the contents of the egg to the bottom of this plate. I don’t know who thought of such a way to preserve the yolk, but thank him very much for that!

### STEP 4

Send the first egg, it is necessary to pour it out, as it were, from the bottom of the plate into a preheated pan at a time when the oil is already very warm, but will not yet boil. It is very important! Yes, the fire should be reduced and made very insignificant before you send the first egg to the pan.

### STEP 5

Now we are doing exactly the same with the second, third and fourth egg. That is, the way is: C:\Kitchen\Soup plate\Frying pan. If your pan is small, then cook two eggs in two sets of eggs.

### STEP 6

Be sure to wash your hands with soap!

### STEP 7

Sprinkle the eggs with paprika or seasoning for scrambled eggs, or herbs. You need to do this when the protein is still completely raw, because then the seasoning is as if baked in a protein. It should look appetizing now.

### STEP 8

When the protein sets, the egg must be removed from the pan. The yolk should warm up, but remain damp. Remove the eggs one at a time and very carefully. Agree, now letting the yolk spread will be especially offensive. You can decorate the contents of the plate as you wish, at your discretion. At your own discretion, you can not decorate anything. To help you ketchup, green peas, canned corn and so on.

### STEP 9

I prefer to salt already in the plate. You can salt in a pan, but someone told me that this is stupid. Alas, I do not remember how the speaker motivated this. The absence of a hangover I mentioned is not accidental. One of my wonderful friends, who knows how to cook exclusively, tried to cook

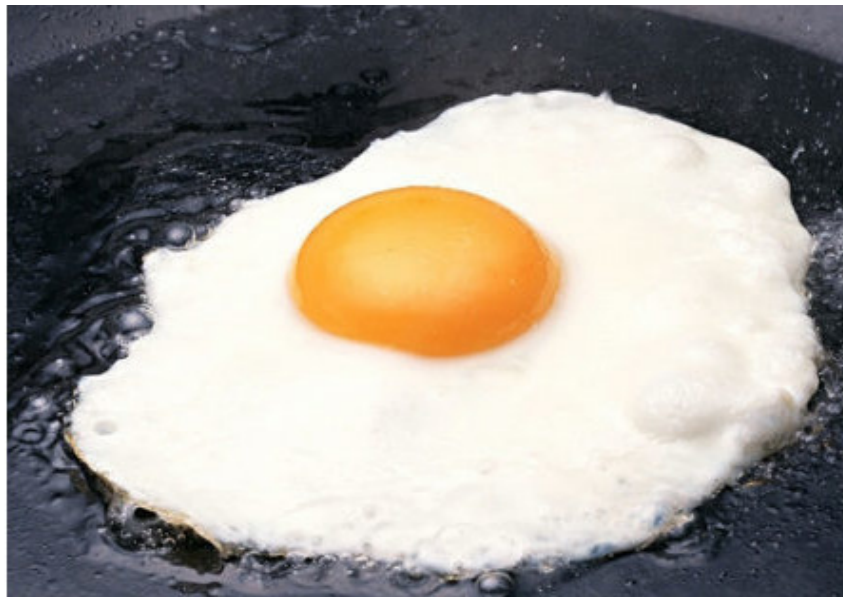
fried eggs in the morning, but the hangover, as an echo of yesterday, was so strong that the eggs beat quickly and on the floor, which was accompanied by comments in which there was a surprise over a huge amount of mat. Ultimately, we had breakfast in toasts and my friend cannot forgive ourselves this morning so far. Be careful!

#### **The classic recipe for fried eggs**

Such an uncomplicated dish will help out when you need to cook something, but there is catastrophically little time for it.

Required Products:

- Egg – 1 piece.;
- vegetable oil for frying – 1 tablespoon. a spoon;
- salt – 1 pinch;
- greens – 1 sprig.



Cooking:

Heat the pan over high heat. Pour oil on it and spread over the entire area of the pan.

Good to know! If you salt the fried eggs during cooking, then light spots from salt form on the yolk.

Gently break the egg into the pan so as not to damage the integrity of the yolk. Reduce the heat to medium, and fry the egg until the protein is completely white. The yolk must remain moist.

Fried eggs according to the classic recipe is ready. Before serving, you need to salt and sprinkle with chopped herbs.

Microwave fried eggs in a basket of tomatoes

This fried egg is not simple, it will be cooked in a tomato in the microwave. It is very fast and delicious.

Required Products:

- Eggs – 2 pieces;
- tomatoes (large) – 2 pieces;
- butter – 2 teaspoon;
- garlic – 2 cloves;
- hard cheese – 0.02 kilograms;
- salt to taste.



Cooking:

Rinse the tomatoes. Trim the top from each and carefully, with a teaspoon, pull out all the flesh without touching the wall.

Turn the tomatoes downside down to stack the juice we do not need. Grate the cheese with medium holes. Remove the peel from the garlic and crush it with a knife blade, chop finely. Combine garlic with softened butter.

Prepare the prepared tomato molds inside with an oil-garlic mixture. Rearrange on a plate. Put grated cheese on the bottom of the tomato. In each tomato, break an egg. Gently pierce the yolk with a needle or tip of a knife and place in a microwave with a plate.



*Set the cooking time to 5 minutes at medium power. Salt before serving.*

*Interesting to know! Calcium, which is found in eggs, is absorbed by the body quite poorly. And all because of the high content of animal protein. In order for an adult to get a daily intake of calcium, you need to eat at least 40 eggs.*

*Fried eggs with bacon*

*To make the dish even more nutritious, bacon is added to the scrambled eggs in English.*

*Required Products:*

- Eggs – 2 pieces;
- bacon (raw smoked) – 4—5 slices;
- green onions – 1 bunch;
- olive oil – 0.5 tablespoon;
- sweet pepper – 3—4 circles;
- salt, black pepper to your taste.



**Cooking:**

Rinse the onion and pepper. Cut the desired amount from pepper and cut into long slices. Chop the onion as well.

Important! When frying bacon, keep in mind that it still takes time to fry with other products. If it is well cooked at the initial stage, then by the end of cooking it may burn out.

Put a frying pan on the stove and pour olive oil on it. When it is warm enough, put slices of bacon on it. Lightly fry them on both sides.

Send pepper to the bacon. After 2—3 minutes, beat in the eggs and sprinkle everything with green onions. Season with salt and cover. Do not forget to control the yolks so that they remain liquid.

Oven in molds, baked in the oven

For this version of scrambled eggs, we will use portioned refractory molds in the form of hearts. You can choose a shape to your taste.

Required Products:

- Eggs – 4 pieces;
- cream – 0.20 liters;
- shallots – 8 pieces;
- thyme – 4 branches (fresh) or 1 teaspoon (dry);
- butter – 4 tablespoon;
- dry white wine – 3 tablespoon;
- salt, pepper to your taste.





**Cooking:**

Peel the onion and cut into strips. If you use fresh thyme, rinse it and tear off the leaves from it.

Good to know! When buying fresh thyme, pay attention not to its leaves, they should be light green in color and not have any spots or damage. You need to keep it in the refrigerator by wrapping it in a paper towel.

Put the pan on the stove, put butter on it. When the butter has melted, send the onion and thyme to the pan. Pass until transparent onion. Add pepper and salt, stir.

Pour the wine and cook on until it evaporates. Then pour in the cream and continue cooking for another 5 minutes.



Preheat the oven to 180 degrees. Put the onion in the molds, make small “holes” in the center of each. Carefully drive 1 egg into them. Place our fried eggs in the oven for 10 minutes.

After the specified time, remove the molds from the oven and serve them directly in the table.

**Georgian Recipe with Tomatoes**

In this Georgian recipe, it is better to use fresh tomatoes, but for lack of those, canned ones in their own juice are also suitable.

Required Products:

- Eggs – 3 pieces;
- onion – 1 piece;
- garlic – 2 cloves;
- tomatoes (large) – 3 pieces;
- corn flour – 2 tablespoons;
- butter – 0.03 kilograms.
- basil – 1 small bunch;
- boiling water – 0.5 liters;
- salt, black pepper to your taste.





**Cooking:**

Peel the onion and cut into small cubes. Heat a frying pan and put butter on it. Then send the onion and simmer until it becomes transparent. Pour flour into a skillet and stir well.

Interesting to know! Cornmeal is a gluten-free product, unlike wheat flour. And this is very important for people with a hereditary disease, such as people who adhere to a healthy diet.

Pour the tomatoes over boiling water and peel them. Cut into large pieces and crush with a fork. Put in a frying pan to the onion and simmer for up to 8 minutes on a low heat.

Peel and chop the garlic with a knife or grate. Pour boiling water into the pan, and toss the garlic. Add salt, pepper and boil for another 7—8 minutes.



Using a spoon, make three “pits” in the sauce. Drive an egg into each of them. It is important that the yolks remain intact, otherwise it will not wake the fried eggs. Add chopped basil immediately after. Cook a few more minutes in an open pan.

**Romantic fried eggs in bread**

In 5 minutes you can prepare your soulmate a romantic breakfast without spending much effort and money.

Required Products:

- Eggs – 2 pieces;
- toast bread – 2 slices;
- vegetable oil for frying;
- salt, pepper to your taste.





**Cooking:**

In the slices of bread, cut holes in the form of hearts. This will be most conveniently done using a cookie cutter. But if there is none, you can do without it, cutting out the heart with a sharp knife.

Good to know! To prepare this dish, it is better to use slightly dried bread. Fresh bread will be harder to work with.

Pour vegetable oil into the pan, when it is warm, put bread on the pan and fry. Then flip to the other side. Drive the egg into the bowl and carefully pour it into the bread.

If the yolk slides to one side, you can hold it with a teaspoon. When the protein sets to send the eggs into the oven for 5 minutes, but this is not necessary.

At the very end, salt and pepper. Can be served with vegetables and herbs.

**Fried egg in sausages**

Sometimes it is difficult to feed the children with something useful. But if you come up with an interesting presentation, then the chances are significantly increased, fried eggs in sausage are one of such dishes.

Required Products:

- Quail eggs – 1 piece;
- parsley – 1 lush branch;
- milk sausages – 0.5 pieces;
- butter for frying;
- salt to taste.



Cooking:

Cut the sausage along, we need only one half. Not very deep cuts should be made along the entire length. These will be the petals of our flower. Twist the sausage with a ring of “petals” outward and fasten the edges with a wooden skewer.

Interesting to know! Quail eggs stimulate the brain and contribute to better storage of information.

Toss butter in a skillet. When it melts, put the sausage in the pan and fry a little. Drive a quail egg into the center, add salt and pepper.

Transfer the finished scrambled eggs to a serving plate. Choose a suitable sprig of parsley, rinse it, dry it and put sausages at the bottom, this will be the stem of our flower. A fried egg in a sausage is ready.

#### **Bright fried eggs in bell pepper**

The most ordinary dish will sparkle with new colors if you slightly transform its presentation. Even children will want to try fried eggs in bell pepper.

Required Products:

- Bell pepper – 2 pieces;
- eggs – 4 pieces;
- vegetable oil for frying.;

- salt to your taste.



Cooking:

Wash bell pepper. Core with seeds. Cut it into rings, 1 centimeter wide.

Interesting to know! Although bell peppers are often called sweet peppers, they contain only 5% sugar.

Warm the pan, pour a small amount of vegetable oil on it and put pepper rings on it. Fry lightly and turn to the other side.



Drive an egg into each ring, add salt and pepper, and reduce the heat to fry until tender.

#### **Cooking with Brussels sprouts**

This is a tasty and nutritious dish that you can feed the whole family.

Required Products:

- Brussels sprouts – 0.05 kilograms;
- ham – 0.5 pieces;
- onion – 1 piece;
- flour – 1 tablespoon;
- cream – 0.20 liters;
- eggs – 6 pieces;
- salt to your taste.



**Cooking:**

Pour water and salt in a large pot. Bring it to a boil. Boil brussels sprouts in it. Remove it from the water and allow to dry.

Interesting to know! Brussels sprouts do not lose their beneficial properties after freezing and thawing.

Dice the ham. Peel the onion and cut into small cubes. Melt a little butter in a pan, about 25 grams. Put on it slices of ham with onions. Cook for 5 minutes.

Then pour flour into a pan and stir. Simmer for another minute, constantly stirring the contents of the pan. Now you need to pour 150 milliliters of water and cook for 10 minutes, so that the liquid boils well. Pour in the cream, add salt and warm a little.



Melt the remaining oil in another pan. Gently break all the eggs and fry over medium heat, add salt.

Warm up the serving dish and put Brussels sprouts on it. Pour it with ham and sauce. Put all the eggs on top and serve.

#### **Fried eggs on a potato pillow**

Eggs are a fairly versatile product, they are quickly prepared and combined with a huge number of products. In this recipe we will cook them with potatoes.

Required Products:

- Eggs – 3 pieces;
- potato (large) – 1 piece;
- ham – 0.05 kilograms;
- hard cheese – 0.05 kilograms;
- sour cream – 1 tablespoon;
- green onions – 1 sprig;
- vegetable oil for frying.



**Cooking:**

Wash the potatoes and grate with large holes. Dry slightly with a napkin.

Interesting to know! According to the Guinness Book of Records, the largest potato tuber weighs 3 kilograms 800 grams.

Warm the pan by pouring a small amount of oil on it. Put the potatoes and fry a little. Then put sour cream and stir. Continue cooking for another 5 minutes.

Grate the cheese on a coarse grater. Rinse and chop finely. Cut the ham into small cubes.



Gently break the eggs onto the potatoes. Sprinkle with ham first, then onion, and cheese on top. Close the lid and cook until the cheese melts. Fried eggs on a potato pillow are ready.

#### **Hearty breakfast with sausage cheese and breadcrumbs**

A great option for breakfast, when you need to saturate the body with nutrients until lunch.

Required Products:

- Eggs – 3 pieces;
- boiled sausage – 4 rings;
- brown bread – 2 slices;
- cheese – 0.10 kilograms;
- vegetable oil – 3 tablespoon;
- salt and other spices to your taste.





**Cooking:**

Bread must be cut into large cubes, moistened with water and spread on a baking sheet. Preheat the oven to 100 degrees and dry the crackers for 30 minutes.

Interesting to know! Brown bread contains a lot of fiber, which improves intestinal motility, improves the absorption of nutrients into the intestines, and removes toxins.

Pour oil into a skillet and

toast the sausage by adding crackers to it. Break eggs on top of crackers and sausages. Grate the cheese on a coarse grater, sprinkle it with spices and a dish. Cook another 2 minutes in an open pan, and then close it for 3 minutes.

**Fried eggs with goose liver**



Such scrambled eggs will be very useful for your household. After all, both eggs and liver are rich in vitamins and other beneficial substances.

Required Products:

- Eggs – 8 pieces;
- goose liver paste – 0.15 kilograms.
- butter – 0.10 kilograms.

Cooking:

Put the paste in the stewpan and add half the oil to it. Heat it over low heat that the paste has melted.

Interesting to know! Goose liver contains a large amount of unsaturated fatty acids. They level cholesterol in the blood and nourish cells, thereby improving the activity of all organs.

Put the remaining oil on the pan. Beat all the eggs and cook until the squirrels begin to grab. Put the prepared paste and continue cooking for another 2 minutes.

Serve and serve.

## ANCIENT RECIPES

### **Stuffed eggs**

*Issue: 12 eggs, a little salt, pepper, a pinch of chopped dill, 2 tablespoons of grated cheese and 1 tablespoon of cow's butter. 10 eggs are steeply boiled and dipped in cold water, cut with a sharp, thin knife along, in half; the yolk is carefully pulled out with the protein so as not to damage the shell. Protein with yolk is finely chopped, salted, added a little pepper, finely chopped dill, 2 raw eggs (for 10 eggs taken), they are stuffed with shell, evened with a knife, sprinkled with grated cheese, greased with oil and baked in the oven to brown.*

*These eggs are served with green cabbage from sorrel, quinoa or nettle.*

### **Goose eggs**

*To give out: 5 goose eggs, 2 rich crackers, 2 onions, 1/4 nutmeg, to taste of salt. From goose eggs, through a small hole, release all the contents, mix it with breadcrumbs, salt, finely chopped onions, nutmeg, wipe everything through a sieve and fill the shell with a syringe; bake in the oven.*

*Serve mustard sauce, provencal sauce or just butter and vinegar.*

### **Scrambled eggs, graduation**

*Issue: 10 eggs, 1/8 pound of Chukhon oil. The oil pan is well warmed up, one by one the eggs are released onto it and sprinkled with salt. When the protein becomes solid, but the yolk is still liquid, served directly on the table with a frying pan.*

### **Scrambled eggs with sausage and ham**

*Issue: 10 eggs, 1/2 pound of cooked sausage, 1/8 pound of Chukhon butter. Heat a frying pan with oil and fry in it thinly sliced cooked sausage or ham; when it is slightly browned, release the eggs and do as in the previous recipe.*

### **Fried eggs**

*Issue: 10 eggs, 5 large onions, 1/2 pound of Chukhon oil. Finely chopped onions are fried in oil, not allowing to brown; when he is tired enough, then the eggs are released.*

### **Fried eggs**

*Issue: 1 pound of cod, 1/4 pound of Chukhon butter, 1/2 cup crackers, 5 potatoes,*

*5 eggs, 1 cup of milk. 1 pound of fresh cod, peel and gut, boil in salted water until soft, cut into slices and put in a saucepan with 1/8 pound of oil; sprinkle with breadcrumbs. 5 boil potatoes, peel, cut into slices and put in a stew pan a number of cod, then a row of potatoes, sprinkled with breadcrumbs, and do so until all the cod has been laid; then pour 1 cup of milk, mix with 1/8 pound of butter and 5 raw eggs, sprinkle with breadcrumbs and put in the oven; when browned, serve in the same stewpan.*

### **Georgian style fried eggs**

*Issue: 5 eggs, 1/4 pound of caviar, 1/2 French roll, 2 onions, to taste salt, pepper, 1/4 pound of butter, 1 tablespoon chopped parsley. Chop 2 onions finely, salt, add a little crushed pepper. Beat 5 eggs, mix with 1/4 pound of caviar, grind well and add the crumb of 1/2 French bread, which also grind with caviar, but moistened with hot water or broth; mix everything well with 1/4 pound of butter and cooked onions, put in a pan, level with a spoon and put in the oven; when it rises – serve, sprinkled with chopped greens dill or parsley.*

### **Fried eggs**

*Issue: 5 eggs, 1 teaspoon of parsley, 1 teaspoon of dill, a pinch of pepper, 1/8 pound of Chuhon butter, 1/4 pound of calf kidney, 1/4 pound of ham, 1 herring. Beat eggs, mix with chopped parsley and dill, salt, add ground pepper and pour into a heated frying pan with oil; when you get a steep scrambled egg, they roll it into a tube with the following: separately cook a finely chopped calf kidney, ham and boneless herring, fry everything in oil and put it on an egg and then roll it into a tube; watered with the same sauce.*

### ***Fried egg fondue***

*Issue: all by the number of eggs taken. It requires strict proportionality. Scrambled eggs should be served at the table immediately, and besides, by the end of dinner, before the cake. Take as many eggs as you like, hang them raw and take three times less Parmesan cheese and six times less butter. The eggs, having released into the pan, beat well with a spatula, add oil and parmesan, grated on the grater, put the pan on a strong fire, removing the burner on the stove; disturb without stopping, adding a pinch or two of ground pepper. If the cheese is salty enough, then salt is not necessary, but pepper is needed.*

## Chapter 2

“And Ryaba’s chicken laid a testicle: not simple, but golden...” Remember? And the eternal philosophical question: “What used to be – a chicken or an egg?” And here is the proverb: “An expensive egg in Christ’s day.” So you can remember forever.

From ancient times people treated the egg as a symbol. In a large number of prehistoric burials in Russia and Sweden, clay eggs were discovered that embodied immortality. In the language of Egyptian hieroglyphs, an egg is a sign of origin, a symbol of the secret of life. Alchemists believed that the egg is the container of thought. The Chinese believed that the first man jumped out of an egg that was dropped from heaven and floated in the primeval waters. The golden egg from which Brahma hatched is equivalent to a circle with a dot in the center. In ancient Egypt, the Universe was defined as an egg, “conceived at the time of the Great One from dual strength”, and the god Ra was depicted standing in an egg.

History is history, symbol is symbol, and we, living today, still eat eggs in the same way as we did many centuries ago. So, for example, among the ancient Romans, dinner began with eggs and ended with fruits, hence the Latin dictum *Ab ovo (usque ad*

*malum)* – “from the egg (to the apple)”, that is, from beginning to end.

Salads, sauces, main dishes, cakes, pies and much more are cooked with eggs. Therefore, the idea arose to collect culinary recipes in one book, one of the components of which is an egg. It is unnecessary to remind about the benefits and necessity of eating eggs, which is the main protein product that is absorbed by the human body by more than 90%.

In this book you will find both the simplest cooking suggestions and rather complicated recipes, one of which can be a guide to creating your signature dish – decorating a festive table. We also offer some culinary masterpieces from national cuisines, available in the preparation of any housewife. Of course, eggs of various birds, and even reptiles and reptiles, are eaten, but this, as they say, is a different story. In our recipes – chicken eggs, but if desired, they can be replaced with eggs of other birds (quail or goose), you just need to remember that the weight of the eggs depends on the variety and species.

## COLD AND HOT SNACKS

The most common and easiest way to cook eggs is to boil hard-boiled, hard-boiled eggs in a “bag”. Before cooking, the eggs are washed in warm water, and the spots remaining on the shell are wiped with salt.

When boiling eggs without shells, salt, vinegar are added to the water, brought to a boil, and then, stirring the water so that a funnel forms, a raw egg is released into it. Cooking time 3—4 minutes with a slight boil. The yolk of an egg cooked in this way should be semi-liquid.

### *Hard boiled eggs*

Hard boiling eggs 8—10 minutes, counting from the moment of boiling water. With longer cooking, the protein becomes too hard and the bright yellow color of the yolk disappears. Boiled eggs are immediately dipped in cold water to make it easier to remove the shell.

Serve eggs in shells hot or cold on a plate.

### *Scrambled eggs*

Wash the washed eggs in boiling water and cook for 3—4 minutes. You can weld them differently. Eggs are placed in a pan and boiled water so that water covers them. After 10 minutes water is drained, boiling water is poured again and after 2—3 minutes the eggs are taken out. The protein of an egg cooked in this way does not harden, thickens into a tender white mass, the yolk remains semi-liquid. Soft-boiled eggs are served only hot.

Soft-boiled eggs are stored for a long time in a cool and dry place. In a few days they will not lose their taste if they are put in boiling water for 20 seconds before use.

### *Eggs in the bag*

We cook eggs in the same way as soft-boiled eggs, but the cooking time is 5—6 minutes. After cooking, they are doused with cold water and served hot on the table. “Bagged” eggs can be served with different side dishes, sauce.

### *Baked eggs*

We pierce the eggs on both sides with a needle (so that they do not crack when baking), wrap them in a damp cloth and bury them in hot ash for 8—10 minutes.

Eggs can also be baked in the oven. Punctured eggs from two sides on a baking sheet are placed in the oven and turn over every 3 minutes. After 10 minutes, the eggs will be ready.

### *Flavored eggs*

Hard boiled eggs, peeled and punctured in several places. Pour a little cold water into the pan, add tea, salt, sugar and bring to a boil. Then we put the peeled punctured eggs and continue cooking with mild heating until the eggs turn light yellow. After this, remove the eggs, cool, cut into slices.

In addition to the light yellow color, the eggs acquire the taste and aroma of tea.

Composition: 2 eggs

10 g of tea

2 g of salt

2 g sugar

### *Scotch eggs*

Boiled peeled eggs are breaded with flour. We divide raw minced meat into 4 parts and roll it out on a flour-sprinkled surface in the form of cakes.

We put an egg in the center of each and wrap a cake, giving it the shape of a ball (there should be no cracks!). Dip each ball in a beaten egg, and then in breadcrumbs, breaded so twice. Deep-fry for 5—6 minutes at 185°C. Serve cold.

Composition: 2 eggs  
150 g minced meat  
wheat flour for sprinkling  
10 g breadcrumbs  
deep-frying fat  
salt to taste

### ***Egg porridge***

In the stewpan or pan with a thick bottom, we release the eggs, beat them with a whisk, add the filtered milk (water), melted butter and boil, continuously stirring with a wooden spatula, at a temperature not exceeding 80°C until a porridge-like state. During cooking, we introduce salt to taste.

Ready egg gruel is stored on the food warmer for no more than 15 minutes at 60°C.

When serving the egg porridge, you can put small croutons of wheat bread on the edges or sprinkle the porridge with grated cheese. In the middle you can lay boiled: asparagus, green peas, bean pods seasoned with milk sauce, ham, boiled sausage, sausages, cauliflower or Brussels sprouts in oil, porcini mushrooms in sour cream, fresh tomatoes.

Composition: 2 eggs  
60 g milk  
10 g butter  
salt to taste

### ***Graduation egg with sour cream***

We put half the sour cream on a portion pan, salt and release eggs on it, sprinkle with melted butter and put in the oven. When the eggs

thicken, pour over the remaining sour cream, sprinkle with grated cheese and let brown.

Serve in a pan.

Composition: 2 eggs  
20 g butter or margarine  
100 g sour cream  
20 g cheese  
salt to taste

### ***Eggs with yogurt***

In salted and acidified water we cook eggs in a “bag” (without shell) for 4—7 minutes. Put grated garlic on a plate, mix with yogurt, lay eggs in the middle, sprinkle with pepper and pour over with warmed vegetable or butter. Sprinkle

parsley.

Serve with bread and bell pepper salad.

Composition: 4 eggs  
2 cloves of garlic  
1 yogurt  
20 g of vegetable oil or butter  
ground bell pepper, water, salt, vinegar, parsley

### ***Egg in the “nest” of meat***

We pass the meat and bacon through a meat grinder, add milk, salt, sugar, pepper and knead the forcemeat, from which we form a cake. In the middle of the tortilla we put a boiled egg, connect the edges of the tortilla and give it the shape of a nest. We spread the meat in a preheated pan with butter and fry in the oven until cooked.

Serve the “nests” cold, sliced in thick slices and decorated greens.

Composition: 2 eggs

120 g beef

40 g bacon

24 g milk

20 g butter

sugar, pepper, salt to taste

### ***Baked eggs with onions and mushrooms.***

Thinly chopped onions, we pass in butter, add finely chopped mushrooms (champignons or porcini), fried in butter, mix with milk sauce, bring to a boil.

Sauce: diluted in butter flour diluted with hot milk and broth and cook for 8 minutes with a slight boil. Then salt, strain and bring to a boil.

Hard-boiled eggs, peeled, cut in half. In a saucepan we put part of the sauce, mushrooms, then eggs, pour them with the remaining sauce, sprinkle with grated cheese and bake in the oven until a crispy crust forms.

Composition: 2 eggs

40 g onions

100 g fresh mushrooms

100 g sauce

20 g butter

10 g cheese

salt to taste

For the sauce: 500 g of milk

100 g butter

100 g wheat flour

500 g of broth

salt to taste

### ***Baked eggs with milk sauce***

Cut the crust from wheat bread, cut it into square slices and fry in butter in a preheated pan.

From above we put the peeled eggs “in a bag”, fill them with hot milk sauce of medium density, sprinkle with grated cheese and bake in the oven.

Composition: 2 eggs

30 g wheat bread

30 g milk sauce

10 g grated cheese

10 g butter

### ***Eggs with Pickles***

Finely chopped onions. Hard-boiled eggs are peeled, finely chopped, add chopped pickles and combine with passivated onions.

Composition: 2 eggs

100 g pickles

30 g ghee  
30 g onions

***Chopped eggs with goose fat and onion***

Hard-boiled and chilled eggs finely chop. Passion onion and cool. Combine the eggs with the onion, add salt and mix.

When serving, pour the melted goose fat and sprinkle with finely chopped greens.

Composition: 2 eggs  
20 g onions  
20 g melted goose fat  
greens and salt to taste

## **Конец ознакомительного фрагмента.**

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