

Subject: Food Technology

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Paper No. : 08 Technology of Meat, Poultry, Fish and and Seafood

Module : 26 Technology of processed value added egg products: Egg patty,
egg pancake, egg roll and enrobed egg



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Description of Module	
Subject Name	Food Technology
Paper Name	08 Technology Of Meat, Poultry, Fish And Seafood
Module Name/Title	Technology of processed value added egg products: Egg patty, egg pancake, egg roll and enrobed egg
Module Id	
Pre-requisites	
Objectives	
Keywords	

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A Gateway to All Post Graduate Courses

27.1. Technology of processed value added egg products:

The term “egg products” refers to eggs that are removed from their shells for processing. The processing of egg products includes breaking eggs, filtering, mixing, stabilizing, blending, pasteurizing, cooling, freezing or drying, and packaging. Egg products are used widely by the foodservice industry and the commercial food industry. They are scrambled or made into omelets, or used as ingredients in egg dishes or other foods such as mayonnaise or ice cream. Food manufacturers use pasteurized egg products because of their convenience and ease in handling and storing. Because egg products are pasteurized, institutional foodservice operators, such as fast food chains, restaurants, hospitals, and nursing homes, use egg products to ensure a high level of food safety. Some egg products are sold in retail food stores.

27.1.1. Egg patty

Egg patty is made from farm fresh pasteurized eggs, fully cooked all yellow egg patties. There is 100% yield, no waste, saves time, exact cost control. Basic ingredients of egg patty are whole Eggs, water, whole milk powder, soybean oil, xanthan gum, citric acid.

Preparation: Boil the potatoes, peel, mash well and keep aside. Peel and chop the onions. Wash the tomato and green chillies and chop them very fine. Clean, wash and chop the coriander leaves. Heat a tablespoon of ghee and fry the onion till pink. Add the tomatoes and cook for a few minutes. Add salt and chopped coriander leaves and stir to mix well. Break in five eggs one by one, stirring continuously till the mixture thickens and sets. Remove from heat and cool. Beat the remaining egg well in a saucepan and keep aside. Knead the potato dough again and make flat cases. Place a heaped spoonful of egg mixture in the center and fold in the sides to seal the stuffing. Press between your palms to make a flat cake. Heat ghee in a pan and dip each patty in the beaten egg, roll in breadcrumbs if desired and fry till golden brown.

27.1.2. Egg rolls

Egg rolls make a great snack, appetizer, or addition to a meal. Varieties of egg rolls are found in mainland China, many Chinese-speaking regions of Asia, and Chinese immigrant communities around the world.

Preparation

Preheat oven to 375 degrees. Spray a large baking sheet with non-stick spray. Put slaw mix in a large microwave-safe bowl with 2 tablespoons water. Cover and microwave for 2 minutes, or until slaw has softened.

Drain excess water. Add all remaining ingredients except wrappers and optional sauce. Mix well. For added flavour intensity, cover and refrigerate for 20 minutes (optional). Place an egg roll wrapper on a clean, dry surface. Evenly distribute 1/6th of slaw mixture (about 1/2 cup) in a row a little below the centre of the wrapper. Moisten all four edges by dabbing your fingers in water and going over the edges smoothly. Fold the sides about 3/4 inch toward the middle, to keep the mixture from falling out the sides. Roll the wrapper up around the mixture and continue to the top. Seal with a dab of water. Place on the baking sheet, and repeat with remaining wrappers. In Canton and Hong Kong, egg roll usually refers to biscuit roll. This is a type of biscuit. The ingredient included egg, flour and sugar. Egg roll also is a dish in Canton and Hong Kong, this is usually made with vegetable. Within China egg rolls are eaten predominantly in the southeast and is not as commonly consumed in the north and western parts of China. In American Chinese cuisine, an egg roll is a savory dish typically served as an appetizer. It is usually stuffed with chicken, pork or shrimp, cabbage, carrots, tomatoes, bean sprouts and other vegetables, and then deep fried. This variety of the egg roll is very common and popular, across even regional varieties of American Chinese food, and is often included as part of a "combination platter". Refrigerated or frozen egg rolls are generally available in many grocery stores.

In Montreal, Canada, open-ended eggrolls are a Jewish-Chinese fusion dish. They can be either kosher certified or merely kosher style. In West Bengal in India, and especially Kolkata, "egg roll" refers to a fried egg wrapped inside a paratha flat-bread. After the paratha has been prepared, an egg is cracked on a pan and while the egg is still uncooked, the paratha is added. It is cooked until the egg is well done and is stuck to the paratha. After that, the contents are removed from the pan and sliced raw onions, sliced green chilis, a squeeze of fresh lemon juice and black salt is added. An optional choice is adding tomato ketchup at the end.

In Britain and Australia, "egg roll" also commonly refers to a fried egg in a bread roll (a breakfast item) or chopped, hard-boiled egg with mayonnaise in a bread roll (a party buffet item). The terms "pancake roll" or "spring roll" are often used by Chinese restaurants in the UK to describe what is called an "egg roll" at Chinese restaurants elsewhere. A "Mexican egg roll" is an egg roll wrap filled with beans, cheese, and, optionally, meat, as well as various peppers and spices. It is then deep-fried and served with sour cream or salsas, like the chimichanga

27.1.3. Egg pancake

The Original Pancake is cooked in the highest quality clarified butter. 55 pound blocks of 93 score butter and melt it down at a very low temperature. When completely melted the butter separates into three layers: a layer of fat on

the bottom, a layer of oil in the centre, and a layer of fat on the top. The top layer of fat is expertly skimmed off and discarded, then the oil is dipped out of the middle and the remaining layer of fat is discarded. The layer of oil in the centre is the clarified butter. It is a type of oil used in cooking that has many benefits. Clarified butter does not turn brown when cooked, it maintains the flavour of butter, and it is much healthier than butter that is not clarified.

Preparation:

In a large bowl, mix pancake mix, 2 eggs, 2 tbsp oil, 2 cups brown sugar, 1-1/2 cup low fat milk, and 1 cup of honey. Mix until pancake mix is smooth. Put 4 cups of vegetable oil in a skillet on low-medium heat. Fry the 2 eggs in skillet. Let the eggs cool, then dip them in the pancake mix (batter dip the eggs as if it were fish or chicken fried steak). Fry the batter dipped eggs in the same oil that you used to fry the eggs initially. Fry until the batter is a golden brown. Sprinkle with powder sugar and let cool.

27.1.4. German Eierkuchen (egg pancakes)

Beat eggs with 1/2 cup of the milk; add flour, salt and beat until smooth. Add remaining milk and beat until smooth. Pour about a cup of batter into the centre of the hot pan and tip it in all directions to spread the batter. When the pancake is brown on the bottom and the edges develop larger bubbles flip the pancake and bake the other side for about the same amount of time, or until cooked through in the centre. Stack pancakes with a small pat of butter between them and keep warm in a 200°F oven until all the pancakes are baked.

27.1.5. Egg pancakes with sour cream

Beat the eggs with a rotary or electric beater until they are well mixed and frothy. While still beating, add the sour cream and 1/2 cup of the buttermilk. Continue to beat until the mixture is bubbly. Mix the soda, salt, sugar, flour and baking powder together and sift twice. Gradually add them to the egg and buttermilk mixture, beating after each addition. Then, add the remaining 1/2 cup of buttermilk. Bake in large sized pancakes on a hot, lightly greased griddle.

27.1.6. Enrobed egg

Enrobing is the process of making “further processed products” by applying edible coating to the products. It includes two distinct steps, i.e., breading and battering. Enrobing brings several advantages to meat products such as value addition, versatility to consumers and improvement of nutritive value as well as eating and microbial qualities of the products. Battered and breaded or coated systems have the benefits of versatility and familiarity because they enhance the flavour and texture of processed food products. Coating or enrobing improves the texture

of the product, remarkably reducing the product cost, making it an avenue for value addition and better consumer acceptability. Enrobing also contributes other advantages like preserving the nutritive value, reducing moisture and weight loss. There are different type of ingredients which are used for enrobing of egg for example chocolate, texturized soy flour, minced chicken meat, bread crumbs etc.

27.1.7. Preparation of Eggs

- Dry Heat
 - Fried
 - Scrambled
 - Omelets
- Moist heat
 - “Boiled” eggs
 - Coddled eggs

Prepared in a cup

- Poached eggs
- A variety of custards
- Eggs that are

Prepared using the microwave