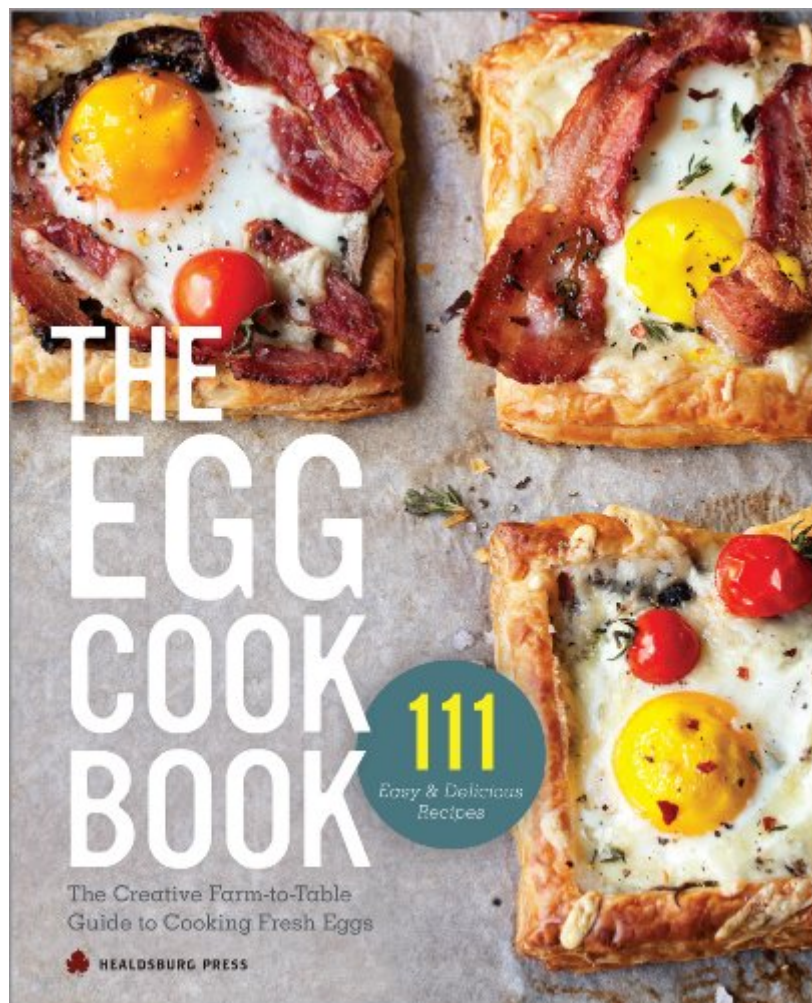




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The Egg Cookbook: The Creative Farm-to-Table Guide To Cooking Fresh Eggs



Synopsis

#1 BESTSELLER The real chicken-and-egg problem: What to do with eggs once they're in your kitchen? If you are looking for a fresh, nutritious, and creative approach to the almighty egg, The Egg Cookbook is for you. With The Egg Cookbook you'll get more than 110 unique recipes that let the egg shine—from savory to sweet, and from breakfast to dinner. The Egg Cookbook is also your guide to the amazing culture surrounding the world's most versatile ingredient, with a useful primer on raising chickens and understanding egg types, so you can take your egg appreciation (and savings) to the next level. The Egg Cookbook offers a fresh approach to preparing eggs, with:

- More than 110 elegant recipes, including Baked French Toast, Ratatouille with Poached Eggs, and Vanilla Bean Pudding
- A basic guide to 10 classic egg recipes, from fried eggs to the perfect scramble
- Egg dishes from around the world, from frittatas and quiche to tortilla patatas and meringues
- Q&A to find out whether raising chickens is right for you, from the editors of The Egg Cookbook
- The Egg Cookbook guide to more than 50 chicken breeds
- Detailed information on the different types of eggs, from free range to organic

The Egg Cookbook makes it easy for egg lovers to enjoy fresh and creative recipes from their home kitchen.

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Customer Reviews

Since eggs have been reprieved from the "do not eat" list (well even before as we didn't buy into the hype anyway) eggs have been a regular part of our diet. But we tend to scramble or hard boil them or break a couple into our hot cereal. But we like eggs & I was looking for a concentrated source of inspiration. Appreciated the nod to vegetarian & paleo recipes in their own chapters but found lots of other great recipes unique to us. Many old standards offered in a healthy interpretation... I scanned through the book looking at every recipe ingredient. I don't recall any prepackaged ingredients. Fresh wholesome ingredients & only a few "fussy" recipes. Most pretty quick & straightforward. Ingredients alone tell me a lot about a cookbook. Many recipes queued ideas for switching up recipes we make already... "hmmm, never thought to use this when we make that!" Looking forward to making a bunch of these! We eat gluten free & even though we mostly just gave up bread & flour tortillas, we've learned to substitute ingredients in our favorite recipes that call for gluten sources or just skip that ingredient altogether. Rather than passing over a recipe calling for bread or pie crust, for example, we know we'll make it crustless & maybe splurge on a loaf of Franz Gluten Free bread. We buy *maybe* 3-4 loaves a year so when we do, I'll scan through and see if I want to use some for a couple of these recipes. We don't buy many special gluten free products. We just focus on food naturally gluten free & splurge once in a while on gf bread or pastries. We find we eat less expensively than ever & this book will further vary our daily diet!

As I've always suspected, the big to-do about eggs (especially egg yolks) being really bad for you has been reversed. The latest studies show that eggs have a lot of nutrition and, what's more, they are a good value, and we love them! This book will certainly help everyone get comfortable with not only preparing recipes that include eggs, but in learning the many different types of eggs, the chickens that produce them, and even how to go about choosing chickens to raise in your own backyard. They have different personalities! I learned what type of chicken produces the eggs I prefer and why there are eggs with double yolks. The recipe section includes the basics for newer cooks such as hard-boiled eggs and omelets, along with many things I've always wanted to try to make (mayonnaise) and adventurous dishes I haven't even heard of before (Portuguese baked eggs). Although I would have made some very minor changes (example, the option of Greek yogurt

instead of sour cream in some recipes), I was impressed with the number of great recipes and the tips given along the way. Anyone who eats or uses eggs in recipes should definitely check out this book!

I loved this book! Before reading it, my ability to cook eggs was something like "scrambled." Now, I feel confident trying a variety of cooking methods when using eggs. Another thing that I liked about this book is that it discusses different types of eggs, different materials for cooking eggs, and how to raise chickens who produce healthy eggs. One thing that was interesting was how it talks about the "red spots" in farm fresh eggs. I grew up on a farm and many times, fresh eggs do have little specks of blood in them. This is harmless, but it was nice to see it again in a book as a reminder. I'd recommend this for anyone who wants to learn how to cook fresh eggs but who doesn't have a lot of kitchen confidence like me. You'll get tons of tips, information, and walk away feeling much more sure of yourself in the kitchen.

I have been trying to entice my way from carbs to protein (within reasonable limits) during my pregnancy, and while some foods turned me off right away meat and eggs seem to be by staples for consuming a little more protein and a little less carbs. A girl can only have so many scrambled or hard boiled eggs. This book is really great because it is totally egg focused and comes up with some really creative and amazing recipes. I love that I can jazz up eggs (so easy to use and affordable) and make something new and extra delicious. I've done breakfast for dinner, but a true main dish made with eggs as the primary component, or even desserts based on eggs was beyond what I would normally come up with. If you want to get creative with eggs, this is your book. I still buy the same kind of eggs I usually get in the super market (despite all the explanation about various kinds of eggs), but now I can make easy recipes that result in salads and dressing, quiches, sauces (love this!), snack foods, and more.

If you don't know the difference between conventional, free-range, pasture-raised, pastured, Omega-3-enriched, organic, vegetarian-fed or fertilized eggs: if you're considering raising your own chickens: if you're concerned about cholesterol or salmonella and storing eggs: if you're curious about egg dishes from around the world: if you want 111 delicious, easy recipes using eggs in sauces, dressings, soups, snacks, salads, omelets, quiches, entrees and desserts: if you want to know how to make a killer egg nog.

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