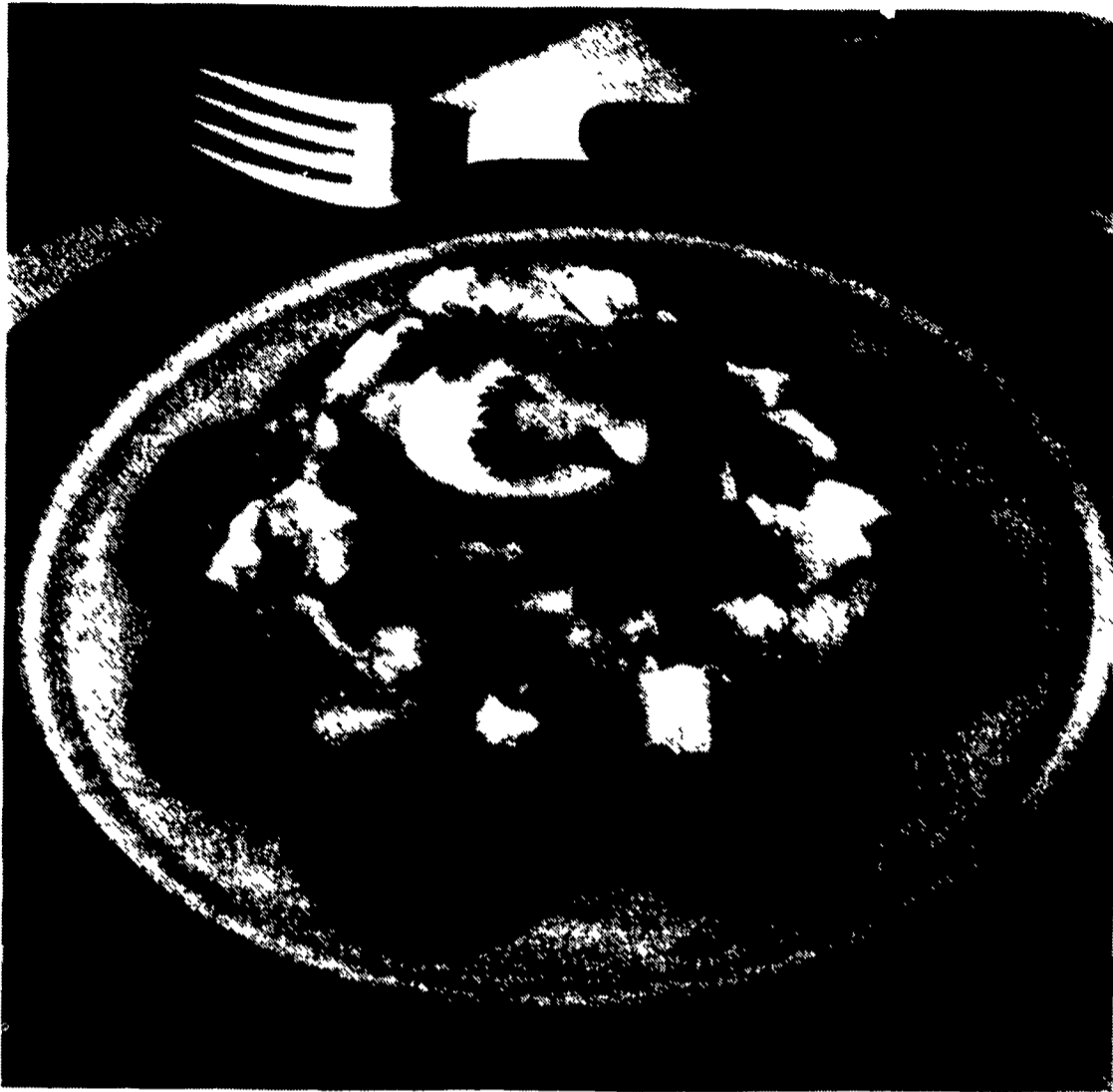


# Home on the Range



Avocado Egg Salad can easily be adapted to suit your taste. Because egg salad does not require precise measurements, you don't need to be afraid to experiment.

## Get Cracking With Egg Salad

There's nothing like the onset of balmy spring weather to whet our appetites for a chilled salad—especially if it offers our palates a welcome zing and provides needed nutrients without excess fat.

Colorful, flavorful, nutritious and easy to prepare, Egg Salad Italia fills the bills. The contrasting soft cream-colored pasta, crisp green zucchini and pungent red onion echo the colors of the Italian flag and with fresh mushrooms and Italian seasonings, form a tasty combination of favorite Italian foods. Sunny hard cooked eggs add protein to give the salad main-dish status.

For this quick salad or for sandwich fillings and snacks, it's helpful to keep hard-cooked eggs on hand. Once cooked, they'll keep nicely in the refrigerator for a week.

Take a look at these recipes and you'll be surprised that egg salad can be made in so many unique ways. Making egg salad is not a precise science, so don't be afraid to experiment.

### MARVELOUS MAKE-AHEAD SALAD

- 1 quart bite-sized pieces salad greens
- 1 cup chopped green pepper
- 1 cup chopped celery
- 10-ounce package frozen peas, separated
- ¼ cup minced onion
- 10 hard-cooked eggs, sliced
- 1 cup shredded cheddar cheese, divided
- 2 cups bottled buttermilk dressing

On bottom of large salad bowl or 13x9x2-inch baking dish, evenly distribute salad greens.

Evenly layer green pepper, celery, peas, and onion over greens. Reserve center slices from 1 egg for garnish. Layer remaining egg slices over vegetables. Sprinkle with ½ cup cheese. Spread dressing evenly over salad and sprinkle with remaining cheese. Cover and chill to blend flavors. Garnish with egg slices. For each serving, serve a portion on all layers.

Am. Egg Board

### CONGEALED EGG SALAD

- 2 tablespoons unflavored gelatin
- ¼ cup cold water
- ½ cup small gherkins, chopped
- ½ cup stuffed olives, chopped
- ¼ cup juice (from gherkins and olives)
- 8 hard cooked eggs, chopped
- ¼ cup lemon juice
- ½ teaspoon sugar
- 1½ cups mayonnaise
- ½ teaspoon salt (or to taste)
- Tabasco to taste
- Worcestershire to taste

Soak gelatin in cold water. Dissolve in hot olive and gherkin liquid. Add all other ingredients and pour into a mold to congeal. Serve on lettuce leaves with cold, sliced corn beef, tomatoes, rye bread, and iced tea or beer.

Eileen Greenaway  
Somerville, NJ

### BACON DEVILED EGGS

- 12 hard cooked eggs, shelled, halved
- 1-2 tablespoons mayonnaise
- 1 teaspoon Dijon mustard
- 3 slices bacon, cut into small pieces

Remove yolks and place in bowl. Add mustard and mayonnaise, salt and pepper to taste. Mix well.

In fry pan, fry bacon until crispy. Remove from pan and drain well. Crumble into small pieces. Add to yolk mixture. Blend well. The consistency should not be runny.

Fill into holes of egg whites. Sprinkle with a little paprika. Refrigerate until ready to serve.

Lee Laverty  
Dover, NJ

## Answers To Often Asked Questions About Eggs

### How long will eggs keep?

Fresh shell eggs can be kept refrigerated in their carton for at least 4 to 5 weeks beyond the pack date. Quality losses should be insignificant if the eggs are refrigerated as soon as possible after purchase from a refrigerated case. If let to sit out, eggs will age more in one day at room temperature than in one week in the refrigerator.

Store eggs in their cartons because eggs can absorb refrigerator odors. Refrigerate hard-cooked eggs in their carton as soon as they are cooled and use within a week.

Raw whites will keep up to four days if refrigerated in a tightly covered container. Unbroken raw yolks, covered with water in a tightly covered container in the refrigerator, should be used within one or two days.

### Can eggs be frozen?

Eggs cannot be frozen in their shells, and hard-cooked whites will become tough if frozen. Hard-cooked yolks and raw whole eggs, whites, and yolks can be frozen successfully.

Use freezer containers, seal tightly, label with the number of whites, yolks, or whole eggs, and the date. When frozen, yolks will become thickened or gelled so they need special treatment. Stir 1/8 teaspoon salt or 1 1/2 teaspoons sugar or corn syrup into each 4 yolks. Note on the label whether you've added salt (for use with main dishes) or sweetener (for baking or desserts). The thawed product may be somewhat thicker than it would be if made with fresh eggs.

To freeze whole eggs, beat just enough to blend yolks and whites. Egg whites need no special treatment before freezing. If you like, freeze each white in an ice cube tray, then transfer the cubes to a freezer container.

Thaw frozen eggs overnight in the refrigerator or under running cold water. Use yolks or whole eggs as soon as they're thawed. Once thawed, whites will beat to better volume if allowed to sit at room temperature for about 30 minutes.

Hard-cooked yolks can be frozen to be used later for toppings or garnishes. To cook them, carefully place the unbroken raw yolks in a saucepan and add enough water to come at least 1-inch above them. Cover and bring just to boiling. Remove the pan from the heat and let the yolks stand, covered, in the hot water 15 minutes. Remove them with a slotted spoon and drain well before packaging and freezing.

### Are fertile eggs more nutritious?

Fertile eggs are not more nutritious than nonfertile eggs. They do not keep as well as nonfertile eggs and are more expensive to produce.

### Is there a difference between brown- and white-shelled eggs?

No. Shell color is determined by the breed of the hen and is not related to quality, nutrients, flavor, or cooking characteristics. Since brown-egg layers are slightly larger birds and require more food, brown eggs are usually more expensive than white.

What causes blood spots? Small spots of blood (sometimes called "meat" spots) are occasionally found in an egg yolk. These do not indicate a fertile egg; they are caused by the rupture of a blood vessel on the yolk surface during formation of the egg. Most eggs with blood spots are removed during the grading process but a few may escape detection. As an egg ages, water moves from the albumen into the yolk, diluting the blood spot. Thus, a visible blood spot actually indicates a fresh egg. Such eggs are suitable for consumption. The spot can be removed with the tip of a knife, if you wish.

### What are the stringy white pieces in egg whites?

These rope-like strands of egg white, called chalazae (ka-LAY-zee), are not imperfections or beginning embryos but a natural, edible part of the egg. They keep the yolk centered in the thick white.

### Why do some hard-cooked eggs have discolored yolks?

This harmless greenish ring is due to an iron and sulfur compound which forms when eggs are overcooked or not cooled quickly.

### Why are some hard-cooked eggs difficult to peel?

Fresh eggs may be difficult to peel. Those which have been stored for a week to 10 days before cooking will usually peel more easily. To help make peeling easier, cool the eggs immediately and thoroughly in cold water after cooking. To remove the shell, crackle it by tapping gently all over. Roll the egg between your hands to loosen the shell, then peel, starting at the large end. Hold the egg under running cold water or dip it in a bowl of water to help ease off the shell.

Taken from "Answers To Often Asked Questions About Eggs" by the American Egg Board.

## Recipe Topics

If you have recipes for the topics listed below, please share them with us. We welcome your recipes, but ask that you include accurate measurements, a complete list of ingredients and clear instructions with each recipe you submit. Send your recipes to Lou Ann Good, Lancaster Farming, P.O. Box 609, Ephrata, PA 17522. Recipes should reach our office one week before publishing date.

- |       |   |
|-------|---|
| April | 25 - Using Olives                       |
| May   | 2 - Fish, Seafood                       |
|       | 9 - Favorite Recipe Made By Your Mother |
|       | 16 - National Barbecue Month            |