

# 9 Culinary Uses For Eggs



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Scrambled, sunny-side up, or at 63 degrees?

We love eggs and all the creative ways they can be made. Across the world, each cuisine has taken a unique approach to cooking this culinary delight. But beyond consumption, did you know about all the other uses for eggs? From baking, to binding, even cocktails, read on to learn how you can make the most of this versatile food in your daily culinary pursuits.

## 1. Egg White Foam



Ever wondered why your favourite desserts have such a light, airiness to them? Blame it on the albumen.

A protein commonly found in egg whites, albumen loves to stick to things. When beaten or whipped, albumen breaks down and grabs a hold to whatever it can on the ride. This is usually air molecules.

As a result, you get a foamy, light concoction that can be used to help cakes rise, or complete the look on a delicious [gin sour](#).

## 2. A Reliable Thickening Agent



Oh, we love a nice custard. And we rely on eggs to bring these yummy desserts to life.

Egg yolks are liquid in nature. When heated they turn from liquid to solid; binding with any other surrounding food proteins. The result is a rich, thick and enjoyable treat.

### 3. Coating and Binding



Once eggs hold on, they don't like to let go. This is why they are often used to bring ingredients together.

You're probably wondering, why not just put it in a food processor? Well, that doesn't work so well with a burger. When the shape of the food is important, eggs can aid in binding a host of different ingredients together, without a loss of structure.

When coatings are added to foods for enhanced texture (e.g. bread crumbs on chicken), eggs act as coating agents. They ensure the coating doesn't fall off when your protein is heated, baked, or deep-fried.

## 4. Running Interference



While eggs love to attach to other substances, they can also use their powers to prevent other molecules from doing the same.

In frozen treats, like sherbets and ice creams, eggs act as an interfering agent. Once distributed into the ice-cold mixture, egg proteins attach to—you guessed it—their air molecule friends. This bond prevents these frozen desserts from turning into complete blocks of ice. The air-egg bond also prevents candies from crystallizing into complete sugar molecules.

## 5. A Powerful Clarifying Agent



Hot dishes like broths, consommés and even some baked goods use egg whites to clarify the final product.

At certain temperatures, egg proteins will latch on to tiny particles in the dish. They then fall to the bottom of the mixture, which can be poured out crystal clear. In some cases, the egg whites will rise to the top along with the tiny particles, which can be removed easily with a spoon.

## 6. Colour



Bright orange-yellow eggs will bring your food to life. They add a pop of colour to any custard, cake, or baked good. They also liven up a boring plate, while providing high nutritional value.

**7. Flavour**



Eggs can make our cooking lives easier, but they can also stand on their own as a flavour powerhouse.

Use them to bring umami to ramen dishes and soups. Pair them with steaks or just eat them on their own.

## 8. Eggs As an Emulsifier



They said oil and water don't mix; try telling that to an egg. Eggs bring together substances that never work well together. The most common example is mayonnaise. It's texture is derived through the bonds that eggs make with oil and an acidic ingredient (usually vinegar).

In meringues, eggs help stabilize the balance between the liquid and air bubbles trapped inside of it.

## 9. The Culinary Roof Raiser



We have egg whites to thank for giving rise to the airiest, lightest, souffles and cakes. When beaten, egg whites have a tendency to bind strongly with air molecules.

Add it to your baking mixture, pop it in the oven and watch it all expand. As the air tries to escape, the egg white protein holds on, providing stability to the overall cake design. When the timer goes off, you have a light and fluffy treat just waiting to be devoured.

## Make the Most of Your Eggs

Did you know that you can use eggs in all these different ways? Already getting some ideas on your next culinary creation? Make the most of this food pyramid all-star to bring your food ideas to life. Check out one of our many recipes that will help you live a life inspired, rejuvenated, and #PoweredByEggs.