



## **100 Ways with Eggs: Boiled, baked, fried, scrambled and more!**

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With everything from breakfast using hens' eggs, salads and hashes with duck eggs or miniature baked or coddled quails' eggs to egg-based desserts and fresh egg-white cocktails, you'll know exactly how to cook and serve eggs in *100 Ways with Eggs*.

Eggs form part of our daily diet, whether as the mainstay of breakfasts, in salads, boiled and chopped or as mayonnaise dressings, or hot lunches like the quiches and frittatas, baked for dinner with North African spices or transformed into an array of sweet treats, such as meringues, souffles, cakes and custards. With the rise in popularity of high-protein diets and the irresistible ooze of just-cooked egg yolk, there's no doubt about it; we love eggs!

The collection begins with step-by-step instructions for preparing eggs in a variety of ways. You'll learn to boil, poach, fry, scramble, coddle and bake eggs here, as well as add a few classic skills for separating and whisking yolks and whites (including rescuing that pesky broken egg shell from your mixture!), for making basic and flavoured mayonnaises and preserving eggs in pickles or liquors.

Once you've mastered the Basics, the recipes are then organized by type of dish. Breakfasts and Brunches include Ham and Egg Quesadillas, Vietnamese Omelette and Breakfast Muffins; while Appetizers offers small plates to share or serve as a first course, such as Scotch Eggs, Arugula Soup with Poached Egg and Truffle Oil, and Coddled Quails' Eggs. Main Courses has a whole host of egg dishes to delight from simple Egg and Chips and Corn Beef Hash to more adventurous Korean Bibimbap or Turkish Menemen. Desserts features everything from Baked Alaska and Eton Mess to Chocolate Souffle and Victoria Sponge; and things really get interesting with a few egg-white cocktails and protein smoothies thrown in for good measure. You will feel spoilt for choice with this eclectic collection of recipes that make the most of eggs.

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