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BAKING IS BLISS USING EGGS THIS HOLIDAY SEASON
Ohio egg farmers share baking tips for using eggs this holiday season

COLUMBUS, Ohio – The egg is a staple ingredient for many holiday recipes. Whether making that sweet sugar cookie or spectacular soufflé, eggs are an essential part of the consistency, flavor and success of the end product.

“While they seem like an ordinary go-to ingredient this time of year, eggs play an extraordinary role in many favorite holiday recipes,” said Jim Chakeres, executive vice president of the Ohio Poultry Association. “Easy and affordable, eggs are perfect for entertaining family and friends while keeping your budget in line.”

To Ohio cooks gearing up for baking marathons, eliminate stress by using the following tips in favorite holiday desserts:

Crack the egg. Bakers have different methods for cracking the egg. To keep the shell out of the bowl, hit the wide side of the egg against a flat surface, such as a table or countertop instead of hitting it against a sharp corner or bowl edge. This not only prevents shell from falling into the mixture, but also makes a more precise opening in the egg.

Separate the whites. Some recipes, such as [meringues](#) or [soufflé](#), require only the egg whites. To easily remove the yolk from the egg, start with a chilled egg from the refrigerator. After cracking, use the shell to lift the yolk back and forth while the whites fall into a bowl below. After the egg white has been separated, place the yolk in a different bowl. Let the whites sit at room temperature (approximately 20-30 minutes) before adding them to the mixture for a fuller consistency.

Beating egg whites. Begin beating egg whites slowly, gradually increasing the speed as the whites start to foam. Beaten egg whites increase as much as six to eight times in volume. Make sure to start with a bowl large enough to hold the expanding whites.

Use the yolk elsewhere. There’s no need to waste unneeded yolks when recipes call for egg whites. Extra yolks can be scrambled with whole eggs or added into custard recipes for extra richness and nutrition.

The incredible egg provides 13 essential nutrients, while only containing about 75 calories. Research shows that high-quality protein, like that found in eggs, helps build muscle strength and allows people to feel full for longer, helping them stay energized and maintain a healthy weight.

Ohio is the second-largest egg producing state in the nation, producing more than 7.6 billion eggs each year with an estimated retail value of more than \$523 million.

For more information on egg tips, food safety or nutritional benefits, visit the OPA website at www.ohiopoultry.org. For delicious recipe ideas, visit OPA’s Pinterest page at www.Pinterest.com/OhioPoultryAssn.

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