

So how Incredible is the Edible Egg?

By John Rizzo

In a word...Very!

Eggs are an excellent source of the highest quality protein which is essential for muscle development in children and adults alike; while providing energy that can last throughout the day. Additionally, eggs contain Vitamin B-12, Vitamin E, Riboflavin, Folic Acid, Calcium, Zinc, Iron, and essential fatty acids.

If you are wondering about the all negative press that eggs have received about cholesterol, you will be interested to know that the Harvard School of Public Health found no significant link between eating eggs and developing heart disease among healthy individuals. However, if your cholesterol levels are high or you're at risk to develop heart disease, the American Heart Association recommends eating no more than 2 egg yolks a week. But the good news is; you can eat unlimited egg whites which contain 100% of the egg's protein.

Interesting Egg Facts:

- The average hen lays 257 eggs a year.
- If you want to see if an egg is raw or hard boiled, just spin it. If it wobbles, it's raw. If it spins easily, it's hard boiled.
- A fresh egg will sink in water, a stale one will float.
- The older a hen gets, the larger her eggs become.
- The color of the egg shell is not related to quality, nutrients, flavor, or cooking characteristics. White shelled eggs are produced by hens with white feathers and white ear lobes. Brown shelled eggs are produced by hens with red feathers and red ear lobes.
- A hen requires 24-26 hours to produce one egg.
- The yolk has most of the egg's vitamins and all the fat, but the white has all the protein.

Crème Brulee

Yield: 6

8 egg yolks	1/3 cup white sugar (1)
2 cups heavy cream	1 teaspoon pure vanilla extract
1/4 cup white sugar (2)	

Preheat oven to 300°F. In a large mixing bowl, whisk together egg yolks and sugar (1) until the sugar dissolves. Add cream and vanilla, and continue to whisk until well blended. Strain mixture through a fine sieve.

Divide batter among 6 (3/4 Cup) ramekins or custard cups. Place ramekins into a baking dish with 1.5 inches of water. This will keep the custard from baking too quickly on the edges and more evenly throughout. Bake for approximately 50 minutes or until the internal temperature reaches 170° F. If you don't have a thermometer, wobble one of the ramekins, if it's still loose in the center, return it to the oven for an additional 10 minutes.

When finished, pull from the oven and water bath and let cool. Place the custard in the refrigerator for at least 2 hours before serving.

When ready to serve, sprinkle about 2 teaspoons of sugar (2) over each ramekin. Place under a hot broiler until the sugar melts and caramelizes; remove immediately. Re-chill for a few minutes before serving. *This can be prepared up to 2 days ahead.*