

begin with boiling

Serves 1

Ingredients

1 large British Lion egg
Water for boiling
Pinch of salt



Method

Place the egg in a small pan. Cover with at least 2.5cm of cold water, add a pinch of salt and place the pan on a high heat. When the water is almost boiling, gently stir, reduce heat slightly and time as follows:

- 3 minutes for really soft boiled yolk and set white
- 4 minutes for slightly set yolk and set white
- 5 minutes for firmer yolk and white
- 6 minutes for hard boiled with slightly soft yolk
- 7 minutes for firmly hard boiled

Remove the egg from the pan with a slotted spoon and place into an egg cup.

Tips and twists

Serve with buttered toast cut into soldiers or use in salads; combine with tuna, spring onions and mixed leaves to make a salad Niçoise.

perfectly poached

Serves 1

Ingredients

1 large British Lion egg
Water for boiling
Pinch of salt
Dash of vinegar



Method

Fill a large pan with 5cm of water. Add a pinch of salt and a dash of vinegar to help set the egg. Bring the water gently to the boil. Crack the egg onto a plate and then tip it into the water. Time as follows:

- 3 minutes for a completely runny yolk
- 4 minutes for a slightly set yolk with a runny middle
- 5 minutes for a firm yolk

Remove the poached egg from the boiling water using a slotted spoon and place on kitchen paper to drain.

Tips and twists

Serve on a warm buttered muffin, toast or bagel. Add spinach and hollandaise sauce for Eggs Florentine, or ham or bacon and hollandaise to make Eggs Benedict.

pitta pocket scramble

Serves 2

Ingredients

4 large British Lion eggs
15ml/1 tbsp vegetable oil
2 spring onions, sliced
100g/4oz cherry tomatoes, halved
2 wholemeal pitta breads, toasted
Pinch of salt
Black pepper



Method

Heat the oil in a non-stick pan, add onions and tomatoes; fry for 1 minute.

Break eggs into a bowl and beat with salt and freshly ground black pepper. Pour eggs into pan, cook over gentle heat for 3 minutes, stirring until scrambled. Set aside.

Cut pitta in half and open to make pockets. Spoon egg mixture into each pocket. Serve warm.

Tips and twists

Add more of your favourite ingredients to spice up the scramble. Smoked salmon, mackerel or spring onions work well.

pizza omelette

Serves 1

Ingredients

15g butter or 15ml olive oil
2 large British Lion eggs
85g chopped tomatoes
25g mushrooms, sliced
20g mozzarella
Pinch of mixed herbs



Method

Heat the butter or oil in a frying pan. Break the eggs into a jug and beat with a fork.

Pour the eggs into a hot frying pan and quickly swirl around the pan. Pull the mixture away from sides, using a spatula, and tip to let the uncooked eggs slip underneath.

When the top is nearly set, add the chopped tomatoes, sliced mushrooms and mozzarella. Sprinkle over the mixed herbs. Add salt and pepper to taste, if desired.

Place the pan under a hot grill and grill until the cheese bubbles. Serve with green salad and French bread.

Tips and twists

There are plenty of toppings that you can add to your pizza omelette. Try ham and mushroom, pepperoni and chicken or goat's cheese, spinach and olives, or make a pizza face using toppings such as mushrooms for the eyes and pepper for the mouth.

the
Eggs
factor



Eggs are one of the most nutritious foods money can buy. They contain a range of nutrients including high quality protein, vitamins and minerals so they are a healthy fast food when eaten as part of a balanced diet.

Vitamins and minerals

Eggs are rich in vitamin B₂ (riboflavin), vitamin B₁₂ and vitamin D. Eggs also contain vitamin A and a number of other B vitamins including folate. Eggs contain essential minerals and trace elements, including phosphorus, iodine and selenium.

Energy

A medium egg contains less than 80 kcals.

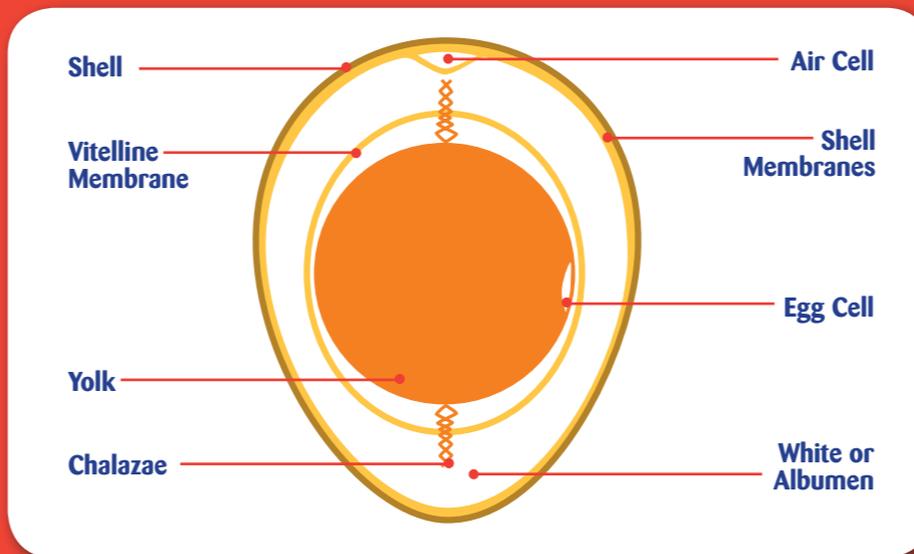
Cholesterol

Although eggs contain cholesterol, all major heart and health advisory groups, including the Food Standards Agency and the British Heart Foundation, have lifted their previous limits on egg consumption. Health experts have confirmed that for most people eggs have a negligible effect on blood cholesterol and there has been no consistent evidence of a link between egg consumption and heart disease.

Nutrition information Typical values	Per medium size egg (average 58g)	Per 100g
Energy	324kj 78kcal	627kj 151kcal
Protein	6.5g	12.5g
Carbohydrate of which sugars starch	trace trace	trace trace
Fat of which saturates	5.8g 1.7g	11.2g 3.2g
Fibre	0.0g	0.0g
Sodium	0.072g	0.14g

Vitamins and minerals	Per 100g	%RDA
Vitamin A	190µg	24%
Vitamin D	1.6µg	32%
Riboflavin (B ₂)	0.47mg	34%
Vitamin B ₁₂	2.5µg	100%
Folate	50µg	25%
Phosphorus	200mg	29%
Iodine	53µg	35%
Selenium	11µg	20%

RDA = Recommended daily allowance



Shell

- Prevents damage to the egg and acts as a shield against bacteria

Shell Membranes

- The outer and inner membranes act as filters to help keep the egg in good condition

Air Cell

- As the egg ages, it loses water and air is drawn in to replace it so the air pocket gets bigger
- The smaller the air cell, the fresher the egg. A fresh egg will not float but a stale egg will

Yolk

- This has a higher concentration of protein than the white

White or Albumen

- If you crack an egg, you can see two types of white - the thick white 'stands up' and the thin white runs towards the edge

Egg Cell

- This is the part which would have developed into a chick if it had been fertilised
- You can see the egg cell when you crack an egg. It is the tiny speck on the surface

Vitelline Membrane

- This holds the yolk together

The Chalazae

- These are strands attached to the thick albumen which 'anchor' the yolk in the middle of the egg

Eggs are produced in three main systems – laying cages, barn and free range.

In the **cage system** hens are kept inside. In the UK, conventional battery cages are being replaced with larger **colony cages** which give hens more space, a nest in which to lay their eggs, perches to roost and a litter area for scratching. All British Lion caged eggs will come from colony cages by the beginning of 2012.

The **barn system** allows the hens to roam inside the barn, with a series of perches, nest boxes and a litter area for scratching.

Free range hens are raised in a similar way to barn hens, except that they must have continuous daytime access to outside runs. **Organic eggs** are laid by free range hens fed an organic diet.

Egg labelling

EU regulations control the legal information that is printed on eggs.



The Lion mark

More than 85% of UK eggs bear the British Lion mark, which shows they have been produced to higher standards of food safety than required by law.

- All British Lion eggs are laid in the UK by British hens
- All hens producing British Lion eggs are protected against salmonella
- British Lion hens, eggs and feed are regularly checked and fully traceable
- The best-before date and Lion mark are printed on the egg shell and box
- British Lion farms and packing centres are regularly checked by independent auditors
- Official UK and EU surveys have shown British Lion eggs to be among the safest in the world