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New egg review

Did you know that the edible part of a chicken's egg is approximately 74 per cent water, 12 per cent water, 12 per cent fat? Check out this popular food product that might surprise you. In Macedonia, an egg can mean the difference between life and death. According to local lore, if you share a birthday or even a birth month with a dying relative, your days are likewise numbered. The only way to cheat fate is to share the yolk of an egg with this relative while standing on opposite sides of a stream. Similarly, a dying man might save himself if he finds someone to share a sugared egg with him on the threshold of a house. In Mergentheim, Germany, if someone falls gravely ill, that person ties a white thread around an egg and places it into a fire. If the shell turns black in the flame, death is not far off. Swamped at work? Beset by bad luck? Craving undead company? Sneak into a Jamaican churchyard at night and visit the grave of a friend or relative--one's mother would be the most suitable. Break an egg and offer it to the deceased with some rice and rum. The ghost will rise, eat the food, and offer you help and good luck in return. In Morocco, a woman who has a very young son and is preparing to give birth again keeps an egg close to her during labor. After the birth, the egg is given to the newborn's brother to ensure that the siblings will like each other. But if the egg should happen to be eaten by someone other than the baby's brother, the baby will grow up to hate the mother. All across Europe, eggs are used to tell fortunes. The most popular method is to carefully pierce the shell and catch drops of the egg white in a glass of water. The shapes that form in the water are examined and interpreted by an unmarried woman who is looking for clues to her future husband's profession. A ship means marriage to a sailor, a shoe means she'll wed a cobbler, and so on. The Scottish variant of this fortune-telling technique is called "drap glasses." A group of women get together, and each one brings an egg and hands it to the woman in charge. She then separates out the whites, drops each one into a glass of water, seals the rim with her hand, and inverts it. When everyone is done interpreting the shapes, the eggs yolks are used to bake "dumb cakes," called so because the fortune-telling is done in silence. In rural Russia, eggs can help you make friends with supernatural forces. The house sprite (domovoi), a ubiquitous if usually invisible presence in every home, is said to occasionally assume the shape of a snake. If the owners of the house find this snake, they would do well to offer it some egg pancakes (blini). If the gift is accepted, the domovoi's benevolence is secured and the household will prosper; a rejection means the house will burn down. Occasionally, hens lay eggs with imperfect shells or without shells altogether. In England, such eggs are traditionally called "wind eggs," from the belief that the hen laying them had been impregnated not by the wind. In parts of Hungary, if a black hen lays a soft-shelled egg, it is destroyed upon discovery, for it signifies the worst of omens: that the earth is softening beneath a member of the family, which is a metaphor for impending death. Many cultures consider unusual eggs--misshapen, empty, volkless, shell-less, or ones with the yolk and white merged--to be laid not by hens but by roosters. This belief is likely derived from the fact that the bodies of aged roosters (seven years or older) are often found to contain a white egg-shaped globule. In 1474, legal proceedings were instituted at Basel against a rooster accused of laying an egg for purposes of witchcraft. The prosecutor pointed out that roosters' eggs were very valuable for mixing magic potions, and that Satan was known to employ witches for brooding these eggs. The magistrates were convinced, and the rooster was convicted as a sorcerer in the form of a bird and burned at the stake together with his egg. This article was adapted from "The Book of Incredible Information," published by West Side Publishing, a division of Publications International, Ltd. Together, we eat 76.5 billion of 'em every year in this country. If you're a typical American, you'll put away 250 eggs this year. Together, we eat 76.5 billion of 'em every year in this country. Let's discover a little more about this incredible, edible, and essential ellipsoid. We bake cakes with eggs, use them to bind meatloaves and fish cakes. We bread-and-fry chicken with eggs. We put a shiny gloss on foods with egg whites -- which, dropped into the wine barrels, hoover-up impurities, suspended particles, and harsh tannins. Egg whites also make a tasty, tasty cocktail! We're talking mostly about chicken eggs here because they are by far (by very far) the most-eaten eggs in the United States. There is, however, a quick break-down of other eggs below. White or Brown Eggs? You'll mostly find white eggs in the grocery stores, although brown eggs show up frequently at farmers' markets. The difference in color simply boils down to the breed of hen that laid the egg. A white hen lays white eggs. Brown or reddish-feathered chickens lay brown eggs. An egg's color has nothing to do with quality or nutrition content. Yolk Color: Again, color is not necessarily an indication of nutritional value. But it does give you insight into what the chicken ate, which could give you an indication of the hen's health. Most eggs you see in the store will have a medium-yellow yolk, which probably means the chicken was eating corn and alfalfa. A darker, vibrant yolk means the bird was eating it's veggies, probably grasses and green vegetables along with grains. Whiter Whites: Cloudier, milkier whites indicate a fresher egg. Clearer whites for a tasty egg, of course. Egg Sizes: Eggs come in several sizes: From peewee to small, medium to large, extralarge, to jumbo. It's based on weight per dozen eggs. Most baking recipes call for large eggs. A and AA Grades: This refers to the quality of the egg as well as the appearance. The grades are given by the USDA. Mostly, you'll find Grade A eggs in grocery stores. Grade AA eggs are typically more flawless in appearance and the whites tend to be firmer than Grade B eggs. A Grade B eggs, including a fascinating answer to the question "How do you inspect egg whites without breaking eggs?" check out What's The Deal With Grades Of Eggs? You'll see these words and phrases on cartons of eggs. Some are more meaningful than others. Natural: OK, sure, let's start with a nonsense term. Eggs, like the hens that lay them, are things that occur in nature. Hence, they are natural. Beyond that, the term natural, as it appears on a label, is pretty much meaningless. Cage-Free: This is sticking point. The name implies space to move about if not necessarily a completely wide-roaming chicken existence. However, cage-free hens can still be confined into very tight spaces, often in warehouses or large barns. A cage-free hen doesn't necessarily hang outside, scratching in the grass. Which is not to say that "cage-free" is a meaningless term; it's just loosely defined. Free-Range: Unlike cage-free, free-range means that at some point the hens have access to the outdoors. However, we're still in a little bit of a grey area here. How much access? For how long? Under what conditions? It varies according to the producer. Pasture-Raised: If you're concerned with the chickens' access to the outdoors and freedom of movement, this is a meaningful term. A pasture-raised chicken most likely had room to roam, pecked at the earth, lived a recognizably chicken life. Certified Organic: These hens had access to the outdoors and ate organic vegetarian feed with no antibiotics or pesticides, herbicides, herbicides, herbicides, or commercial fertilizers -- no animal products in the feed. Pasteurized eggs are not pre-cooked. These eggs are quickly heated just enough to kill salmonella bacteria. Nutrients are unaffected. Cooking regular, unpasteurized eggs will also kill salmonella. For more on egg safety, check out How to Make Your Eggs Safe. Sell By: The date stamped on your egg carton is a "sell by" date, not an expiration date. Keep your eggs in the fridge, and they should last about a month after that date. You can always tell when an egg has gone bad -- it leaves the light on in the fridge and parties late into the night with the Gruyère. More reliably, though, it will smell undeniably off when you crack it open. Unless you have no sense of smell, you won't mistake it for a good egg. Egg and bacon cups with white eggs behind What's in an egg? Loads of good stuff, like high-quality protein (eggs are a "perfect" protein), vitamin A and B-vitamins, unsaturated fat, along with minerals and antioxidants. The yolk contains vitamin D. Lutein, a carotenoid, protects the eyes against cataracts and age-related macular degeneration. And let's not forget choline, a nutrient associated with brain health. All this good stuff, and yet only about 70 calories per large egg. Low cost, low calorie, loads of quality nutrition. That's the egg for you. A note on cholesterol. Not long ago, eggs were considered something akin to cholesterol bombs. Well, times and nutritional advice change. New research indicates that eating eggs won't increase the risk of heart disease. Essentially, this new advice acknowledges that eating cholesterol in foods (and eggs do include cholesterol) doesn't necessarily translate to higher cholesterol in blood. There's a caveat here for people with diabetes or who are in danger of getting diabetes, but for most people the danger that cholesterol eaten in food will result in higher cholesterol in the body is weak. For more on this, read a Q&A with Walter Willet, whose early research into the effects of dietary cholesterol was essential. Not sure how long your eggs have been chillin' in the fridge? There's a simple test. Add water to a bowl, enough to submerge an egg will float! BONUS TIP: Your less-fresh eggs are a great choice for hard-boiled egg? Or is it the raw one? Give it a quick spin, and you'll know for sure. For results that don't end in splat!, spin on a flat surface. If the egg is hard-boiled, it will spin gracefully and smoothly. A raw egg will wobble because the whites and yolk aren't firmed up, so the center of gravity is shifting as it spins, causing the wobble. Science is cool. Duck Eggs: Fairly common these days, duck eggs are bigger than chicken eggs with richer yolks and harder shells. Quail Eggs: These dark-speckled eggs are considerably smaller than chicken eggs -- about the size of a large grape tomato. The yolks are rich and comparatively larger in relation to their whites than chicken eggs, pheasant eggs are a beautiful pale blue with brightly colored yolks. Goose Eggs: These are big eggs, larger than duck eggs, with proportionally larger yolks. If a recipe calls for 2 large chicken eggs, substitute 1 goose egg, and you're in good shape. Turkey Eggs: Specks on the shells, they have big yolks. OK, now we're getting to the good stuff. Here are tips and tricks for making the best eggs, no matter your type of preparation. Or skip right to the recipes. Check out our complete collection of Breakfast Egg Recipes. There's more to frying eggs so the whites and the yolks are cooked just right. How to Boil the Perfect Hard Boiled Eggs This seems like an obvious technique that's beyond easy. But actually, there's a right way to boil an egg, so you get firm whites that aren't rubbery and gorgeous, creamy yolks. How to Make the Best Scrambled eggs...revealed. Trickier than just boiling an egg, a perfect poached egg is a true treat. Here are tips to ensure success. These perfect little packages are almost as easy to make as they are to gobble up. Now then, have you ever been knee-deep in a cooking or baking operation that calls for eggs, and opened the fridge door only to find you have no eggs! We can help. Here's advise on how to DIY Your Own Egg Substitute, newegg reviews, newegg reviews reddit, newegg reviews 2020, newegg reviews canada, newegg reviews uk, newegg reviews bbb, newegg reviews yelp, newegg reviews 2021

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