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no. 158

# Using Instant Scrambled Egg Mix

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The scrambled egg mix now being distributed through the Oregon Abundant Food Program is a new, easy-to-use product for family meals. It contains all of the ingredients normally used in the preparation of scrambled eggs—whole egg solids, nonfat dry milk solids, vegetable oil, and salt. This mix can be used in a variety of *cooked dishes* for family meals.

The scrambled egg mix is packed in No. 2½ cans, each containing about 3 cups of mix. One can of mix is equal to 12 whole eggs. Store scrambled egg mix in a cool, dry place. Once the can has been opened, cover it with the attached plastic cap and store in the refrigerator.

*Note:* You may detect a rather strong odor when working with the egg mix. All eggs contain sulfur, and this smells strongly after eggs have been heated to a high temperature to make the egg mix sanitary. Some of the odor is also due to preservatives added to keep the eggs during storage. This odor will not remain after the eggs are cooked. Eggs are a safe, wholesome, and good food for you and your family.

## To Make Scrambled Eggs

Put egg mix in a large bowl. *Gradually* add hot, not boiling, water. Beat with an egg beater, wire whip, fork, or spoon as water is added. There may be a few lumps in the mixture. Pour into a heated, greased fry pan. Cook over medium heat and stir until the eggs are firm and thoroughly done. *Prepare egg mix with water in only the amounts needed for cooking and use promptly.*

### For 9, ½ cup servings:

1 can dry egg mix                      1 egg-mix can of hot water

Follow the above directions, cooking about 8 minutes.

### For 6, ½ cup servings:

2 cups dry egg mix,                      2 cups hot water  
packed

Follow the above directions, cooking about 5 minutes.

### For 4, ½ cup servings:

1½ cups dry egg mix,                      1½ cups hot water  
packed

Follow the above directions, cooking about 5 minutes.

### For 2, ½ cup servings:

¾ cup dry egg mix,                      ¾ cup hot water  
packed

Follow the above directions, cooking about 3 minutes.

### For 1, ½ cup serving:

½ cup dry egg mix,                      ½ cup hot water  
packed

Follow the above directions, cooking about 3 minutes.

## Using Scrambled Egg Mix in Baked Products

Scrambled egg mix can be used in breads, cakes, cookies, and other baked foods. For *each egg* called for in a recipe, use:

¼ cup dry egg mix,                      ¼ cup hot water  
packed

Gradually pour hot water into egg mix and whip until only a few lumps remain. Add to product as eggs are called for in recipe.

## Egg-Cheese-Canned Meat Pie

1 cup dry egg mix,                      1 cup cut-up cheese  
packed                                      Sprinkle of pepper  
1½ cups hot water                      9-inch pie crust, unbaked  
2 cups cut-up canned  
chopped meat or  
canned luncheon meat

In a large bowl, beat egg mix, adding water until free from lumps. Add meat, cheese, and pepper. Pour mixture into the pie crust. Bake in (425° F) hot oven, for 45 minutes.

## Meat Loaf

¼ cup dry egg mix,                      1 pound ground beef  
packed                                      ¾ cup quick cooking  
¾ cup hot water                              rolled oats  
1 small onion                              ½ cup tomato sauce  
½ green pepper, if avail-                      1 teaspoon salt  
able    ¼ teaspoon pepper

In a large bowl, beat egg mix and water together until free from lumps. Finely chop onion. Chop green pepper, if used. Mix all ingredients well. Shape into a loaf in a baking pan. Bake in moderate oven (350° F) 1 hour or until browned on top.

## Pancakes

2 cups flour                                      ¼ cup dry egg mix,  
4 teaspoons baking                              packed  
powder    ¼ cup hot water  
1 teaspoon salt                                      ½ cup melted fat or oil  
2 tablespoons sugar                              1½ cups water  
½ cup nonfat dry milk

Mix flour, baking powder, salt, sugar, and milk together in a large bowl. In another bowl, add ¼ cup hot water to egg mix and beat until free from lumps. Add egg mixture, melted fat, and 1½ cups water to the flour mixture. Stir just until mixed. Pour spoonfuls of batter onto heated, greased fry pan. Cook pancakes, without turning, until top is covered with bubbles. Turn pancakes and brown the other side. Makes 15 to 20 pancakes.



### French Toast

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| 1½ cups dry egg mix,<br>packed | 12 slices bread<br>Fat or oil for frying |
| 2 cups hot water               |  |

In a large bowl, add water to egg mix and beat until free from lumps. Dip each slice of bread in egg mixture, turning the slice to cover both sides. Fry in a heated fry pan with just enough fat or oil to prevent sticking. Cook over medium heat until browned on one side. Turn and brown the other side. Makes 6 servings, 2 slices each.

### Muffins

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|-------------------------------|------------------------------|
| 2 cups flour                  | ½ cup nonfat dry milk        |
| 1 tablespoon baking<br>powder | ¼ cup dry egg mix,<br>packed |
| ½ teaspoon salt               | 1¼ cups water                |
| ¼ cup sugar                   | ¼ cup melted fat or oil      |

Mix flour, baking powder, salt, sugar, milk, and egg mix together in a large bowl. Add water and fat or oil. Stir with a fork until just moistened. Batter will be lumpy. Fill greased muffin tins two-thirds full. Bake at 400° F (hot oven) 20 to 25 minutes or until muffins are golden brown. Makes 12 muffins.

### Baked Custard

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|------------------------------|--|
| 1 cup dry egg mix,<br>packed | ¼ teaspoon salt                          |
| 1 cup hot water              | 3 cups milk                              |
| ½ cup sugar                  | 1 teaspoon vanilla<br>Nutmeg, if desired |

Heat milk until hot but not boiling. In a large bowl, add water to egg mix and beat until free from lumps. Mix in sugar and salt. Stir in hot milk. Add vanilla. Pour into a baking pan and sprinkle with nutmeg, if used. Bake in slow oven (300° F) about 1¼ hours or until the blade of a knife stuck in the center comes out clean. Makes 6 servings, ⅔ cup each.

### Cheese Strata

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|---------------------------------------|-------------------------------|
| 8 slices bread, at least<br>1 day old | 2½ cups milk                  |
| 8 slices cheese                       | 1 tablespoon chopped<br>onion |
| 1 cup dry egg mix                     | ½ teaspoon salt               |
| 1 cup hot water                       | Pepper                        |

Cover bottom of 8 or 9 inch square baking dish with 3 slices of the bread. Place cheese slices on top. Cut remaining 5 slices in half to form a triangle. Arrange in 2 rows on top of cheese, overlapping. Beat water into eggs until lump free. Add milk, onion, salt, and pepper. Pour over bread and cheese. Cover with paper; let stand 1 hour in refrigerator. Remove paper and bake in slow oven (325° F) 1 hour or until firm in center. Let stand 5 minutes before serving. Makes 6 servings.

### Scrambled Eggs with Cheese

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|-------------------------------|----------------------|
| 2 cups dry egg mix,<br>packed | 2 cups hot water     |
|                               | 2 cups cut-up cheese |

In a large bowl, add water to egg mix and beat until free from lumps. Pour into heated, greased fry pan. Cook over medium heat and stir until eggs begin to get firm. Sprinkle cheese over eggs. Continue cooking until eggs are firm and cheese is melted. Makes 6 servings, ½ cup each.

### Scrambled Eggs with Canned Meat

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| 1 tablespoon fat or oil  | 2 cups dry egg mix,<br>packed |
| ¼ small onion  | 2 cups hot water              |
| 1 cup cut-up canned<br>chopped meat or<br>canned luncheon meat |                               |

Finely chop onion. Heat fat or oil in large fry pan. Add onion and cook over medium heat until tender. Add meat and heat. In a large bowl, add water to egg mix and beat until free from lumps. Add to onion-meat mixture. Cook over medium heat and stir until eggs are thoroughly cooked. Makes 6 servings, about ½ cup each.

### Scrambled Eggs with Tomatoes

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| ½ small onion                      | ½ teaspoon salt               |
| 1 tablespoon fat or oil            | 2 cups dry egg mix,<br>packed |
| 1 cup cooked or canned<br>tomatoes | 2 cups hot water              |

Finely chop onion. Heat fat or oil in pan. Add onion and cook over medium heat until tender. Cut up tomatoes and add to onion. Add salt. Heat. In a large bowl, add water to egg mix and beat until free from lumps. Pour into heated, greased fry pan. Cook over medium heat and stir until eggs are thoroughly cooked. Gently stir in tomato-onion mixture and serve. Makes 6 servings, about ½ cup each.

### Egg Salad Sandwich Spread

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| 2 cups cooked scrambled<br>eggs          | 1 tablespoon prepared<br>mustard                |
| ½ teaspoon salt                          | 1 small onion, if desired                       |
| ½ teaspoon pepper                        | 2 tablespoons mayon-<br>naise or salad dressing |
| ¼ cup pickle relish or<br>chopped pickle |   |

Chop eggs and onion, if used. Mix all ingredients well. Makes about 3 cups sandwich spread.

### Cornbread

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|------------------------------|------------------------------|
| 1 cup cornmeal               | ½ teaspoon salt              |
| 1 cup flour                  | ¼ cup dry egg mix,<br>packed |
| 4 teaspoons baking<br>powder | 1¼ cups water                |
| ¼ cup sugar                  | ¼ cup melted fat or oil      |
| ½ cup nonfat dry milk        |                              |

In a large bowl, mix the cornmeal, flour, baking powder, sugar, salt, milk, and egg mix. Add water and fat and stir just until mixed. Fill greased baking pan half full and bake at 400° F (hot oven) for 25 minutes, or until golden brown.

### Egg and Potato Scramble

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|---|---------------------|
| 4 medium-sized potatoes,<br>sliced thin | 1½ cups dry egg mix |
| 1 teaspoon salt                         | 1½ cups hot water   |
|   | Pepper              |

Fry potatoes in margarine or shortening until they are well browned, sprinkling with salt as browning starts. Cover pan closely. Cook over low heat until potatoes are tender. Beat water into egg mix until free of lumps. Pour over potatoes in pan and cook slowly, stirring occasionally, until eggs are set. Serve at once. Makes 6 to 8 servings.