

1ST
EDITION

ALL THE RECIPES YOU NEED

TODAY'S COOKING

Delicious Made Easy!

EGGS



Each Volume has
Hundreds of Recipes

Volume

- a. **Appetizers**
- b. **Soups**
- c. **Sauces, Dressings & Seasonings**
- d. **Eggs**
- e. **Salads**
- f. **Vegetables**
- g. **Fruits**
- h. **Pasta, Grains & Breads**
- i. **Sweets**
Cookies/Cakes
Desserts
- j. **Drinks**

Volume

- k. **Seafood**
Fish
Shellfish
- l. **Poultry**
Chicken
Turkey & more
- m. **Meats**
Beef
Pork
Lamb & more
- n. **Casseroles/Stews**
- o. **Vegetarian**
- p. **Miscellaneous**

Cooking tips & tricks

Measures & equivalents



TODAY'S COOKING

Welcome!



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Introduction



I like to cook! I cook every day. Many years ago I owned a restaurant in the Caribbean, so I've known my way around the kitchen for quite some time. Since then I have continued to experiment, have tried new ways of doing things and searched for new recipes. This book is a compilation of just a few of those recipes that I have received, read and created over the years. Some are as is; some have been modified; some are original and some not so original. All are good, although a few "questionables" may have slipped in (if so, please let me know).

The premise here is that you know how to cook, but you're tired of the same old things and would like to add a little variety and zip to your meals, whether for entertaining and special occasions or simply Thursday night's dinner.

(To keep the file size within reason, photos of the dishes were not included.)

Feed mynde with myrth, thy mawe with meate

And eat to lyve not lyve to eate.

For gorging doth offende thy health,

Thy God, thy soul, thy witt and wealth.

(from a set of English roundels - approximately 1600 AD)

TODAY'S COOKING

“Cooking is one of the oldest arts...” - Brillat-Savarin

“With money anyone can offer succulent dishes and famous wines, but courtesy and kindness cannot be bought.” - Lucien Tendret

“Intellectual men who quickly wolf down whatever nourishment is necessary for their bodies with a kind of disdain, may be very rational and have a noble intelligence, but they are not men of taste.” - Sainte-Beuve

“The cook is no less an artist...To give life to beauty, the painter uses a whole range of colours, musicians of sound, the cook of tastes - and it is indeed remarkable that there are seven colours, seven musical notes and seven tastes.” - Lucien Tendret

“The discovery of a new dish does more for the happiness of mankind than the discovery of a star.” - Brillat-Savarin

“Those who have a profound indifference to the pleasures of the table are generally gloomy, charmless and unamiable.” - Lucien Tendret

“The science which feeds men is worth at least as much as the one which teaches how to kill them.” - Brillat-Savarin

“Gastonomy is the joy of all conditions and all ages. It adds wit to beauty.”
- Monselet

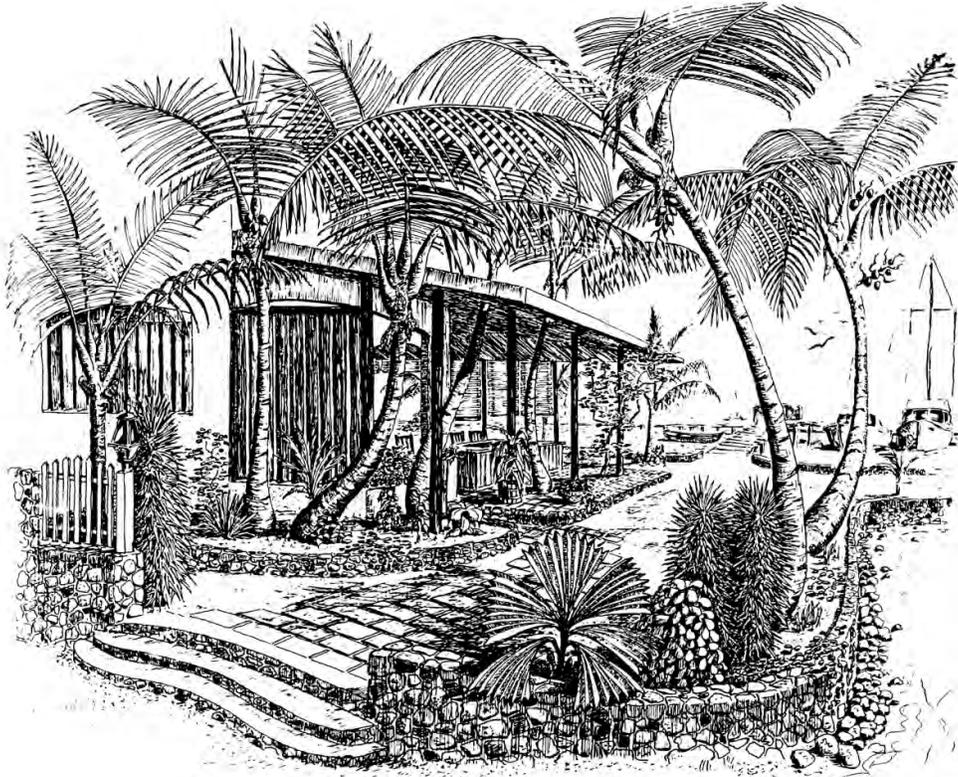
“The most indispensable quality of a cook is punctuality; it should also be that of a guest.” - Brillat-Savarin

“Good cookery is the food of a pure conscience.” - Des Essarts

“Those who give themselves indigestion or get drunk, do not know how to eat or drink.” - Brillat-Savarin

Hunger is nothing more than the need to eat. Appetite is anticipating the pleasure of eating well. - SD

TODAY'S COOKING



Rusty Pelican Restaurant Sint Maarten Dutch West Indies 1979

TODAY'S COOKING



AP

R. Nicholas

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TODAY'S COOKING

Eggs

Note: Eggs should be kept cool and brought to room temperature before using. Always use fresh eggs except for making hard-cooked eggs.

For more Egg Recipes also see: Today's Cooking: ([Appetizers](#)), ([Breakfast](#)), ([Quiche, Soufflés and Tarts](#)) and ([Casseroles](#)) Cookbooks

PERFECT HARD-COOKED EGGS

See Today's Cooking Appetizers (pg. 76)

SCRAMBLED EGGS #1 - SERVES 2

Ingredients

1. 1 Tbs. unsalted butter
2. 5 large eggs
3. 1/2 Tbs. water (optional)
4. Salt & pepper to taste

Preparation

1. Melt the butter in a non-stick skillet over medium heat.
2. Crack the eggs into the skillet and cook until the whites start to turn white. Use a rubber spatula to break up the eggs. Cook, stirring occasionally until almost set to the desired consistency*. Season with salt and pepper.

*Remember that the eggs will continue to cook.

TODAY'S COOKING

SCRAMBLED EGGS #2 - SERVES 4

Ingredients

1. 8 large eggs plus 2 large yolks
2. 1/4 cup half and half
3. 3/8 tsp. salt & 1/4 tsp. pepper or to taste
4. 1 Tbs. chilled unsalted butter

Preparation

1. Whisk together items 1 through 3 until color is pure yellow. Do not over whisk.
2. Heat butter in a 10" non-stick skillet over medium-high heat until foaming subsides - do not brown.
3. Add egg mixture and using a rubber spatula, continually scrape along bottom and sides of the skillet until eggs just start to clump (1 1/2 to 2 1/2 minutes. Reduce heat* to low and continue to gently fold eggs until clumped and slightly wet (30 to 60 seconds). Serve immediately on warm plates.
4. Variations: Top with 2 Tbs. chopped parsley, cilantro, basil or chives - 1 Tbs. chopped tarragon or dill.

* If using an electric cooktop, because a burner that is turned down still retains too much heat for too long, set one burner on medium-high and another on low heat. When appropriate, switch the skillet from the high to the low heat burner.

BAKED SCRAMBLED EGGS - SERVES 4

Ingredients

1. 5 Tbs. butter total
2. 5 eggs
3. 1/3 cup milk or light cream
4. 1/2 tsp. salt & 1/4 tsp. pepper or to taste
5. 3 slices 1/4" thick of Swiss cheese
6. 1/3 cup fine dry bread crumbs

TODAY'S COOKING

Preparation

1. Heat oven to 400F (200C). Melt 2 Tbs. of the butter. Add items 2, 3 & 4 to the melted butter and beat well. Cook over low heat, stirring constantly until mixture starts to set.
2. Pour into a well buttered 9" pie pan. Let eggs continue to set and then cover the eggs with the cheese. Dot with remaining butter and sprinkle with the crumbs. Bake in oven 10 minutes or until golden brown. Cut into wedges to serve.

FRIED EGGS SUNNY SIDE UP - SERVES 2

Ingredients

1. 1 Tbs. unsalted butter
2. 4 large eggs
3. Salt & pepper to taste

Preparation

1. Melt the butter in a non-stick skillet over medium heat.
2. Crack the eggs separately in a cup and add to the skillet. Cook until the whites start to brown at the edges and the yolks are still a bright color, but not super jiggly. Season and serve immediately.

FRIED EGGS OVER EASY "THE EASY WAY" - SERVES 2

Ingredients

1. 1 Tbs. unsalted butter
2. 4 large eggs
3. Salt & pepper to taste

Preparation

1. Melt the butter in a non-stick skillet over medium heat.
2. Crack the eggs separately in a cup and add to the skillet. Cook about 40 seconds and then cover with a clear lid. When the yolks have a whiteish covering, season and serve immediately.

TODAY'S COOKING

SOFT BOILED EGGS METHOD 1 - SERVES 2

Ingredients

1. 4 large eggs
2. Salt & pepper to taste

Preparation

1. In a saucepan, cover the eggs with cold water. Bring to a boil and remove immediately. The consistency will be very soft, so if a firmer egg is desired, leave the eggs in for another 35 to 40 seconds. Run under cold water; crack with a knife and scoop out 2 eggs into each dish.

SOFT BOILED EGGS METHOD 2 - SERVES 2

Ingredients

1. 4 large eggs
2. Salt & pepper to taste

Preparation

1. In a saucepan, bring enough water to cover the eggs to a boil. Gently add the eggs and boil 3 minutes. Remove immediately and run under cold water; crack with a knife and scoop out 2 eggs into each dish.

SOFT BOILED EGGS METHOD 3 - SERVES 2

Ingredients

1. 4 large eggs
2. Salt & pepper to taste

TODAY'S COOKING

Preparation

1. In a saucepan, bring enough water to cover the eggs to a boil. Gently add the eggs and boil 1 minute. Remove from the heat and let the eggs sit for 3 minutes. Remove immediately and run under cold water; crack with a knife and scoop out 2 eggs into each dish.

CODDLED EGGS - SERVES 2

Ingredients

1. 4 large eggs
2. When served, season with salt & pepper to taste

Preparation

1. In a saucepan, bring enough water to cover the eggs to a heavy boil. Gently add the eggs and immediately remove the pan from the heat. Cover and let the eggs sit for 8 to 9 minutes. Crack with a knife and scoop out 2 eggs into each dish.

SHIRRED EGGS - SERVES 2

Ingredients

1. 4 large eggs
2. Butter
3. Fine bread crumbs
4. When served, season with salt & pepper to taste

Preparation

1. Preheat the oven @ 350°F (180°C).
2. Butter the bottom and sides of 2 small, ovenproof ramekins (about 4" diameter x 2" high). Coat them with the bread crumbs and break 2 eggs into each dish. Sprinkle buttered bread crumbs on top and bake until the whites are set and the crumbs golden.

TODAY'S COOKING

POACHED EGGS METHOD 1 - SERVES 2

Ingredients

1. 4 large eggs
2. When served, season with salt & pepper to taste

Preparation

1. In a medium-sized skillet with a 2" or 2-1/2" depth, add water to nearly the rim. Add a teaspoon of white vinegar and bring to a simmer (small bubbles gently rising to the surface). Break the eggs onto a saucer and carefully add the eggs. Baste the eggs with the hot water until the whites are set,
2. 3 or 4 minutes. If you find they have a slight vinegar taste, have a saucepan of simmering water ready and using a slotted spoon, dip and rinse each poached egg.

POACHED EGGS METHOD 2 - SERVES 2

Ingredients

1. 4 large eggs
2. When served, season with salt & pepper to taste

Preparation

1. In a medium-sized skillet with a 2" or 2-1/2" depth, add water to nearly the rim. Add a teaspoon of white vinegar and bring to a simmer (small bubbles gently rising to the surface). Have a saucepan with boiling water. Pin prick the shell at the large end of each egg and drop into the boiling water and remove after 10 seconds or so. Briefly run under cold water; carefully break the eggs into the simmering water. Baste the eggs with the hot water until the whites are set, 3 or 4 minutes. Remove the saucepan from the heat and use that water to rinse each poached egg, if needed.

TODAY'S COOKING

POACHED EGGS METHOD 3 - SERVES 2

Ingredients

1. 4 large eggs
2. When served, season with salt & pepper to taste

Preparation

1. One at a time, crack the eggs into a colander and let the watery part of the whites drain out, about 30 seconds. Transfer to a glass measuring cup and slip into the hot water. Cook as in method 1.

BAKED EGGS - SERVES 4

Ingredients

1. 3 Tbs. butter
2. 8 large eggs
3. 4 Tbs. cream or milk
4. Salt & pepper to taste
5. Assorted toppings: shredded Cheddar or Gruyere cheese, lox and scallions, sautéed sliced mushrooms, pieces of steamed asparagus, chopped tomatoes, crumbled feta and chopped chives

Preparation

1. Preheat the oven to 375°F (190°C).
2. Bring a medium saucepan of water to a simmer.
3. Brush the insides of 4 individual ramekins with the melted butter. Crack 2 eggs into each ramekin. Add 1 tablespoon of heavy cream to each ramekin and season with salt and pepper. Add any combination of toppings to the ramekins if desired.
4. Place the ramekins in a high-sided baking dish. Pour the simmering water into the baking dish until it comes about halfway up the ramekins. Cover loosely with aluminum foil and bake until the eggs reach a custard-like consistency and the yolks are just set, about 12 to 15 minutes.

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HERBED BAKED EGGS - SERVES 2

Ingredients

1. 6 eggs
2. 1 Tbs. unsalted butter
3. 1/4 tsp. minced fresh garlic
4. 1/4 tsp. minced fresh thyme leaves
5. 1/4 tsp. minced fresh rosemary leaves
6. 1 Tbs. minced fresh parsley
7. 1 Tbs. freshly grated Parmesan
8. 2 Tbs. heavy cream
9. Sea salt and freshly ground black pepper
10. Toasted bread

Preparation

1. Preheat the broiler for 5 minutes and place the oven rack 6 inches below the heat.
2. Combine items 3 through 7 and set aside. Carefully crack 3 eggs into each of 2 small bowls without breaking the yolks. (It's very important to have all the eggs ready to go before you start cooking.)
3. Place 2 individual ramekins on a baking sheet. Place 1 tablespoon of cream and 1/2 tablespoon of butter in each dish and place under the broiler for about 3 minutes. Quickly, but carefully, pour 3 eggs into each ramekin and sprinkle evenly with the herb mixture and salt & pepper.
4. Place back under the broiler for 5 to 6 minutes, until the whites of the eggs are almost cooked. (Rotate the baking sheet once if they aren't cooking evenly.) The eggs will continue to cook after you take them out of the oven. Allow to set for 60 seconds and serve hot with toasted bread.

EGG CUSTARD - SERVES 4

Ingredients

1. 1 Tbs. sugar
2. 6 eggs
3. 3 cups milk
4. Grated rind of 1 lemon

TODAY'S COOKING

Preparation

1. Heat oven to 350F (180). Combine all ingredients and beat well. Pour into a well buttered shallow baking dish. Bake for 30 minutes or until just set.

BASIC OMELET - SERVES 2

Ingredients

1. 2 Tbs. butter
2. 4 eggs
3. 2 Tbs. cold water
4. Salt & pepper to taste

Preparation

1. Lightly beat the eggs and water together. Add seasoning and beat a little more.
2. In a 8" non-stick skillet (preferably with sloping sides) over medium-high heat, melt 1 Tbs. butter until it sizzles but not browned. Add half of the egg mixture and immediately lift the edges of the omelet to let more of the liquid to flow underneath. When it appears almost set and the bottom is browning, use a spatula and make a crease in the center. Fold the omelet in half and slide onto a warm plate. Pour any butter in the skillet over the omelet. Repeat the procedure with the remaining butter and egg mixture.

For a fluffier omelet: Separate the eggs. Lightly whisk the yolks and water together until incorporated. Use an electric beater to do the whites. Add the seasonings as the whites are being beaten to form peaks. Don't over beat. Use a rubber spatula to fold the the yolks into the whites and cook as above.

For a oven omelet: Process the eggs as above for Fluffier Omelet. Use an ovenproof skillet and melt 1 Tbs. butter until it sizzles but not browned. Add half of the egg mixture; cook 2 minutes and place into the oven. Bake about 5 minutes and test by sticking a toothpick into the center of the omelet. If it comes out clean, pull it out of the oven; crease and fold. Slide onto a warm plate and repeat with the remaining ingredients.

For a filled omelet: If it's edible, it can be used to fill an omelet! Place the filling on half the omelet and then fold the omelet in half over the filling. Below are 3 easy fillings for omelets.

TODAY'S COOKING

ORIENTAL VEGETABLE FILLING - SERVES 1

Double the ingredients for 2 servings.

Ingredients

1. 1/2 cup frozen oriental vegetables
2. 1/4 tsp. sesame seeds
3. 1/2 tsp. sesame oil
- 4.
5. 1 tsp. soy sauce
6. Salt & pepper to taste

Preparation

1. Combine the first 3 items and microwave, covered for 2 to 3 minutes
2. Stir in the last 2 items.

PICANTE OR CREOLE FILLING - SERVES 1

Double the ingredients 2 through 5 for 2 servings.

Ingredients

1. 1 Tbs. butter
2. 1/4 onion, finely chopped
3. 1/3 cup cooked chicken, diced
4. 2 Tbs. picante or salsa sauce
5. 2 Tbs. favorite, shredded cheese
6. Salt & pepper to taste

Preparation

1. Sauté the onion in butter for about 5 minutes. Add items 3 & 4 and heat. Place on half of the omelet; top with cheese; fold over and serve.

TODAY'S COOKING

BACON & SPINACH FILLING - SERVES 1

Double the ingredients for 2 servings.

Ingredients

1. 2 slices bacon
2. 1 tsp. vinegar
3. 1/2 tsp. sugar
4. 1/4 tsp. dried basil
5. 1 cup fresh baby spinach, coarsely chopped
6. Salt & pepper to taste
- 7.
8. 1 small tomato, chopped
9. 1 Tbs. feta cheese, crumbled

Preparation

1. Microwave the bacon 1-1/2 to 2 minutes. Drain and crumble. Save 1 Tbs. of the drippings.
2. Combine 1 Tbs. of the drippings with items 2 through 6 and microwave, covered for 1 minute.
3. Place on the omelet; sprinkle with the bacon and top with the last 2 items and serve.

SWISS CHARD OMELET - SERVES 6

Ingredients

1. 2 Tbs. butter
2. 1/2 cup minced onion
3. 8 cups chopped Swiss chard leaves (remove the stems)
- 4.
5. 2 Tbs. oil
6. 8 large eggs
7. 1/2 cup Parmesan plus additional for garnish
8. 2 tsp. minced garlic
9. Salt & pepper to taste
10. Chopped ripe olives for garnish

TODAY'S COOKING

Preparation

1. Preheat oven to 400°F (200°C)
2. In a 10" ovenproof skillet over medium-low, melt the butter and sauté the onion 2 to 3 minutes. Add the Swiss chard and cook 2 to 3 minutes more. Remove from skillet and set aside. Add the oil to the skillet.
3. Whisk together items 4 through 7. Stir in the chard and onions.
4. Heat the oil in the skillet. Add the egg mixture and cook 3 to 4 minutes. Place in the oven and cook 8 minutes. Top with the remaining Parmesan and olive; return to the oven for 1 or 2 minutes more.

FLAT TOMATO OMELET - SERVES 4

Ingredients

1. 2 Tbs. butter
2. 2 tomatoes, sliced
3. 1 small onion, thinly sliced (optional)
4. 6 large eggs
5. 3 Tbs. milk
6. 1 Tbs. chopped chives
7. 1/2 lb. grated Gruyere cheese
8. Salt & pepper to taste

Preparation

1. Heat the butter in a large skillet
2. Beat the eggs with the milk and pour half into the skillet. Place the tomatoes and onions on top and pour on the remaining egg mixture. Sprinkle the cheese evenly on top and cook over a low heat until the cheese melts and the egg is cooked. To serve, cut like a round pizza.

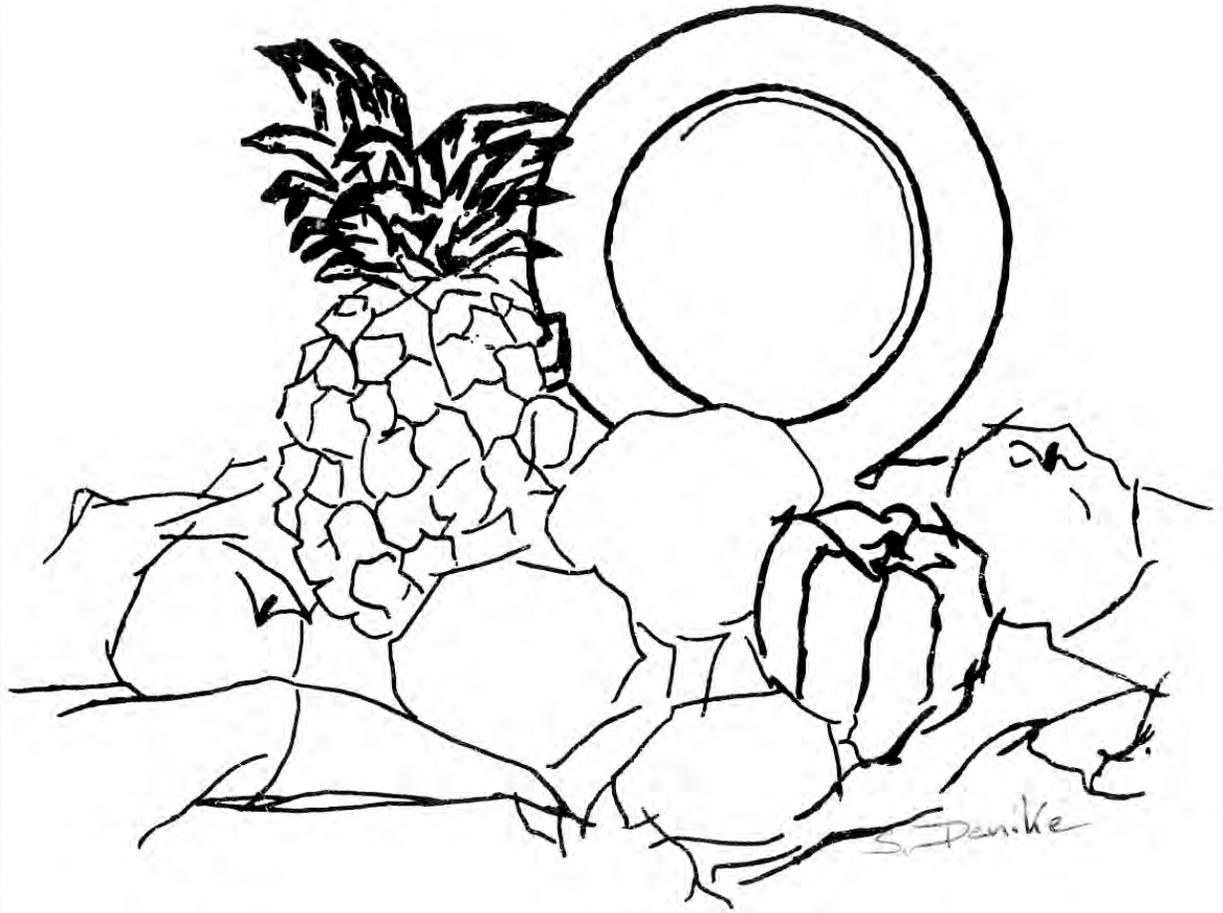
TODAY'S COOKING

FOR MORE EGG RECIPES - SEE TODAYS COOKING: (APPETIZERS),
(BREAKFAST), (CASSEROLES), (QUICHE SOUFLÉS TARTS) AND
(RELISHES PICKLES)

TODAY'S COOKING



TODAY'S COOKING



BUON APPETITO!
ITALIAN

EET SMAKELIJK
DUTCH

¡BUEN APETITO!
SPANISH

BOM APETITE!
PORTUGUESE

BON APPÉTIT !
FRENCH

GUTEN APPETIT!
GERMAN

ITADAKIMASU
JAPANESE

SMAKLIG MÅLTID!
SWEDISH

CHIÀH HOK
TAIWANESE

DA KANA!
FIJIAN

VÆR SÅ GOD!
DANISH

KALÍ ÓREKSI!
GREEK

E 'AI KĀUA
HAWAIIAN

KRIPYĀ BHOJAN KĀ ĀNNAṆḌ LIJĪYAI
HINDI

NIZHÓNÍGO ADÍYÍÍŁ
NAVAJO

GIN HĀI A-RÒI
THAI

JAL MEOKKESSEUMNIDA
KOREAN

ES GEZUNTERHEYT!
YIDDISH

SMAKLIG MÅLTID!
SWEDISH

POFTĂ BUNĂ!
ROMANIAN

MWYNHEWCH EICH BWYD!
WELSH

THOKOLEZA UKUDLA!
ZULU

SMACZNEGO!
POLISH

TAMA'A
TAHITIAN

VÆR SÅ GOD!
NORWEGIAN

ĂN NGON NHÉ
VIETNAMESE

BIL-HANĀ' WA ASH-SHIFĀ'
ARABIC