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A Worldwide Vegetarian Journey to Discover the Foods That Nourish America's Immigrant Soul.

September 2017

HARD-COOKED EGGS

Steaming Hard-Cooked Eggs

Italian Deviled Eggs with Parsley and Capers

Pennsylvania Red Beet Eggs

**Roasted Beet and Arugula Salad
with Hard-Cooked Eggs**

Russian Stuffed Eggs

Japanese Soy Eggs

When a friend broke her arm, the difficulty of preparing meals became one of our telephone topics each time we spoke. Living alone with minimal help and a wounded wing plastered against her side meant opening cans, shopping, chopping, and a host of tasks were so challenging as to be depressing. She recently said that she was sick-to-death of eating eggs but hard-cooked eggs did prove to be an important menu item for weeks and weeks. They were easy to cook, easy to shell, and easy to eat . . . one-handed. Other egg dishes required cracking eggs, managing a skillet, manipulating spatulas and such, and cleaning tools and pans. Hard-cooking the eggs made her life during those difficult weeks a whole lot easier.

Hard-cooked eggs can be used as the protein in a grain-, legume-, or vegetable-based meal by serving deviled eggs or red beet eggs as a salad or as an appetizer. They can be sliced and served on lettuce leaves with a salad dressing or chopped or cut into wedges as a nutritional enhancement to a salad such as the *Salade Nicoise* I shared with you last month.

STEAMING HARD-COOKED EGGS

TPT - 33 minutes

There are few basic cooking techniques that seem to evoke as many diverse opinions as preparing hard-cooked eggs. Year after year articles in women's magazine, cooking magazines, cookbooks, and programs on radio and television would tell you the best and only way to hard-cooked eggs so that they peeled cleanly. Even the utility company pamphlets that my mother saved from the 1940s and 1950s included "the definitive method." The only thing the egg commission did was sing a jingle to get you to buy more eggs and beg you not to call these eggs "hard-boiled eggs." None of the recommendations, until very recently touted steaming the eggs as I have done for some time. Of the hundreds of eggs I have probably hard-cooked by steaming, maybe two or three looked like the image below. Almost without fail they peel cleanly and make a beautiful presentation when served. One other helpful point that you may want to consider is that older eggs have a higher pH, i. e., lower acidity, and that alone can present a variable when an egg does not peel easily. I never hard-cook eggs "directly from the nest."



Set up a steamer over *MEDIUM-HIGH* heat.

Pour 1 tablespoonful of kosher salt into the boiling water.

(The salt will quickly coagulate the albumen if you should have an albumen leak or an explosive crack as the eggs are cooking. It does not affect the taste of the egg nor is it a concern for those on sodium-restricted diets.)

Using a common straight pin or a Swedish egg piercer, pierce the shell of each egg at the round end.

(The hole will go into the air pocket at that end of the egg and relieve the pressure that might cause the egg to crack.)

Place the eggs in the steamer, cover tightly and allow to steam for 15 minutes. Using tongs, transfer the steamed eggs directly into a bowl filled with ice and cold water. Allow the eggs to remain in the ice water until cold—about 15 minutes.

(Do not cook the eggs longer than 15 minutes. The green ring around the yolk that one often sees is the result of the iron in the white combining with the sulfur in the yolk. If you cook the egg too long, you are more likely to find that green ring around the yolks of your hard-cooked eggs. Plunging the eggs into ice water right from the steamer also prevents the chemical reaction.)

Roll the eggs in the sink or on the countertop to break the shells. Peel eggs.



ITALIAN DEVILED EGGS WITH PARSLEY AND CAPERS

Uova a Sode con Capperi

TPT - 12 minutes

When I first tasted these deviled eggs, I was not prepared to like them. After all they had olive oil, parsley, garlic, and capers in the filling. This was not, in my mind, how you made “deviled eggs.” They are different but they are quite interesting. As an appetizer presentation, this Italian version is really highlighted when served side-by-side with the classic American version.

4 hard-cooked eggs—chilled and shelled

1 tablespoon light olive oil

1 teaspoon calorie-reduced or light mayonnaise

1/2 teaspoon Dijon mustard with white wine

1 tablespoon preserved capers—well-rinsed, well-drained, and finely chopped

1 tablespoon finely chopped, fresh Italian flat-leafed parsley

1/4 teaspoon finely chopped garlic

Parsley sprigs, for garnish

Cut hard-cooked eggs in half lengthwise. Remove egg yolks to a mixing bowl; set egg white halves aside.

Using a fork, mash egg yolks well. Add olive oil, mayonnaise, mustard, and finely chopped capers, parsley, and garlic. Mash well.

Using two teaspoons or your hands, form the filling into 8 balls. Fill each egg white half with a deviled yolk ball.

Place filled egg halves on an egg plate or other serving dish. Refrigerate until ready to serve. Garnish egg plate with parsley sprigs.



Yields 8 egg halves
adequate for 4 people

Note: This recipe may be halved or doubled, when required.

1/4 SERVING (i. e., two egg halves) –
PROTEIN = 6.5 g.; FAT = 9.4 g.; CARBOHYDRATE = 0.2 g.;
CALORIES = 113; CALORIES FROM FAT = 75%

PENNSYLVANIAN RED BEET EGGS

TPT - 13 hours and 13 minutes;

1 hour = beet marination period;

12 hours = combined beet and egg marination period

This method of preparing hard-cooked eggs appears to have come into the contemporary American kitchen via the sweets/sours traditions of the Mennonite, Amish, and Pennsylvania Dutch communities. It is always found on salad bars in Pennsylvania.

1 can (1 pound) baby or sliced beets, as preferred

1/2 teaspoon dry mustard
3 tablespoons firmly packed *light* brown sugar
1/2 cup cider vinegar

4 freshly cooked, hard-cooked eggs—shelled

Lettuce leaves and watercress sprigs

Pour beets into a sieve set over a 2-cup measuring cup and allow to drain thoroughly. Add enough water to drained beet liquid to make 1 1/2 cupfuls.

In a saucepan set over *MEDIUM* heat, combine dry mustard, brown sugar, cider vinegar, and measured beet liquid. Bring to the boil.

Place well-drained beets in a shallow bowl. Pour hot vinegar mixture over and set aside to cool at room temperature—approximately 2 hours.

Add shelled, hard-cooked eggs and marinate for 8-12 hours, or overnight, turning occasionally to insure that the eggs will be an even red color.



The SWEET AND SOUR BEETS and RED BEET EGGS may be served, separately or together, as a salad on lettuce leaves, garnished with watercress sprigs. If you have an egg slicer, the colorful eggs make a particularly attractive serving when sliced.

Yields 4 servings

Note: This recipe may be doubled.

1/4 SERVING (i. e., per egg) –
PROTEIN = 7.3 g.; FAT = 5.8 g.; CARBOHYDRATE = 23.1 g.;
CALORIES = 159; CALORIES FROM FAT = 33%

RUSSIAN STUFFED EGGS

Farshyrovannye Yaitsa

TPT - 17 minutes

This Russian recipe for deviled eggs clearly shows the French influence so evident in the cuisine of the Czarist period. The addition of breadcrumbs and onions, obviously, are far more Russian than French. Served as a knife-and-fork appetizer, these were served on several occasions during our visit to Russia.

4 hard-cooked eggs—chilled and shelled

4 teaspoons *calorie-reduced or light* mayonnaise
1 1/2 teaspoons country-style *Dijon* mustard

4 teaspoons *very finely* chopped *sweet* gherkins
2 teaspoons *very finely* chopped onion
2 teaspoons *dry* breadcrumbs

**Preserved capers, well-rinsed and well-drained,
for garnish**

Paprika

Cut hard-cooked eggs in half lengthwise. Remove egg yolks to a mixing bowl; set egg whites aside.

Using a fork, mash egg yolks well. Add mayonnaise and mustard. Combine thoroughly. Add additional mayonnaise to achieve a smooth consistency.

Add *very finely* chopped pickles and onion, and *dry* breadcrumbs. Using a spoon, mix well.

Spoon the mixture into egg white halves. Garnish each with capers and a sprinkle of paprika.

Place filled egg halves on an egg plate or other serving dish. Refrigerate until ready to serve.



Yields 8 egg halves
adequate for 4 people

Note: This recipe may be halved or doubled, when required.

1/4 SERVING (i. e., 2 halves) –
PROTEIN = 6.9 g.; FAT = 9.6 g.; CARBOHYDRATE = 1.5 g.;
CALORIES = 120; CALORIES FROM FAT = 72%

ROASTED BEET AND ARUGULA SALAD WITH HARD-COOKED EGG

TPT - 1 hour and 52 minutes;
15 minutes = first cooling period for beets;
30 minutes = second cooling period for beets

I haven't a clue where the idea for this salad came from but as I worked on it, I could really taste the flavors of autumn. Slices of a perfectly ripened pear are a wonderful addition. With a freshly baked loaf of bread and a special dessert, this can be a satisfying main course salad for two.

2 cups bite-sized arugula leaves—well-washed and well-dried*

Tiny beet greens plucked from the beets before preparation for roasting—well-washed and well-dried*

1 scallion—sliced into diagonal slices

2 small-medium fresh beets—well-dried

2 hard-cooked eggs—chilled

2 tablespoons pine nuts (*pignoli*)

1 1/2 teaspoons grated parmesan cheese

Freshly ground black pepper, to taste

Prepare arugula and beet greens. Using a salad spinner or by patting dry with paper toweling, dry greens thoroughly. Refrigerate until ready to serve.

Prepare a jelly roll pan—a baking sheet with low sides—or a roasting pan by coating with a thin film of *high heat* safflower oil. Preheat oven to 375 degrees F.

Cut the leaves from the beets, *leaving 2 inches of each petiole. Do not cut off the root tip.* Place beets on prepared baking pan. Bake in preheated oven for about 50 minutes, turning about every 10 minutes until beets are tender and skins have loosened. Allow to cool for about 15 minutes. Slip skins off and trim ends. Cut into bite-sized dice. Chill in the refrigerator for at least 30 minutes.

Meanwhile, shell hard-cooked eggs. Using a sharp knife, cut connected, zigzag cuts around the equator of the egg. Separate to form halves with attractive zigzag edges as pictured to the right.



When ready to serve, turn prepared greens into a large salad bowl. Nestle the egg halves into the greens. Scatter chilled, diced, roasted beet chunks over greens. Garnish with pine nuts (*pignoli*) and grated parmesan cheese. Season with black pepper.

Yields 4 servings
adequate for 2 people

Notes: *If desired, small salad greens, such as those found in *mesclun* mixtures, may be added to increase variety and flavor.

This recipe may be halved or doubled, when required.

1/4 SERVING – PROTEIN = 6.7 g.; FAT = 5.1 g.; CARBOHYDRATE = 5.0 g.;
CALORIES = 89; CALORIES FROM FAT = 52%

JAPANESE SOY EGGS

TPT - 8 hours and 27 minutes;
8 hours = overnight marination period

These delicately seasoned eggs give a protein option to us when an Asian menu is planned. Since little dairy is customarily included in Asian meals, tofu, noodles, soy meat analogues, and eggs become our tools.

1/2 cup tamari soy sauce
2 tablespoons rice wine vinegar
2 tablespoons safflower or sunflower oil
1 tablespoon sugar

4 large eggs
Hot water

In a mixing bowl, combine soy sauce, vinegar, oil, and sugar. Set aside until required.

Set up a steamer over *MEDIUM-HIGH* heat.

Pour 1 tablespoonful of kosher salt into the boiling water.

Using a common straight pin or a Swedish egg piercer, pierce the shell of each egg at the round end.

Place the eggs in the steamer, cover tightly and allow to steam for 10 minutes *only*. Using tongs, transfer the steamed eggs directly into a bowl filled with ice and cold water. Allow the eggs to remain in the ice water until cold—about 15 minutes.

Roll the eggs in the sink or on the countertop to crack the shells. **DO NOT PEEL EGGS.**

Place the eggs with cracked shells directly into soy mixture. Pour hot water over; eggs should be submerged. Refrigerate for 8 hours, or overnight. Turn eggs a couple of times during the process.

In the morning, peel eggs. An attractive patterning should result. Transfer to a plate lined with paper toweling to absorb any drips. Serve whole or slice in half for easy service.

Serve chilled as an appetizer or salad side.

Yields 8 egg halves

Note: This recipe can be doubled, when required.

1/4 SERVING (i. e., 2 halves) –
PROTEIN = 6.4 g.; FAT = 6.9 g.; CARBOHYDRATE = 1.2 g.;
CALORIES = 95; CALORIES FROM FAT = 65%



As we head for the holidays the day's schedule will be getting tighter and tighter.

It is now that I make the dough for several of our favorite cookies;

it saves time during the busy weeks ahead.

Do drop by next month,

Judy

Please note that all food value calculations are approximate and not the result of chemical analysis.

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