



## Recipe: Mayonnaise

### A Secret Sauce from Eggs

Yolks are rich and fatty. If you mix oil in with egg yolks, you get a fatty oily mess that doesn't mix well. But if you slowly and carefully whisk them together so that they each make the tiniest bits of oil and fat, you can create the amazing, creamy (and emulsified!) deliciousness of mayonnaise.

**Note:** Homemade mayonnaise contains raw eggs which means it may increase the risk of foodborne illness. Check with your grown-ups.

#### Materials

- ▶ 2 small bowls
- ▶ Whisk
- ▶ Small spoon

#### Ingredients

- ▶ 1 egg
- ▶ Pinch of salt
- ▶ 1/2 tablespoon of lemon juice
- ▶ 1/2 cup of oil

1. Separate the yolk from the white of an egg.
  - ▶ To do this, crack the egg in half, slowly lifting the top half off and letting the egg white ooze out the bottom of the egg into a small bowl.
  - ▶ The yolk will stay in the bottom. Without popping the yolk, slowly slide it into the top of the egg shell allowing extra egg white to slide off the yolk into the bowl. Put the yolk into its own bowl. Set the white aside for another recipe!
  - ▶ If the yolk pops—no worries! Make some scrambled eggs and try again!
2. Add ½ tablespoon of lemon juice and a pinch of salt to the egg yolk. Mix like mad with the whisk until it changes from gooey to a bright smooth shade of yellow.
3. Here's the tricky part that takes lots of time and elbow grease. The oil needs to be very slowly mixed into the egg yolk. One small spoonful at a time. Add your first small spoonful and mix away until the oil has completely become incorporated into the yolk.
4. Repeat. And repeat. And repeat... until your egg yolk changes from looking slimy yellow to looking like beautiful whipped cream. Just remember, it goes on a sandwich and not on ice cream! Feel free to add other flavors (like mustard or pickles, not chocolate or strawberry).



## Recipe: Meringue Cookies

### Fluffy Egg White Cookies

Make a light and fluffy cookie by beating tiny bubbles into the protein rich white of an egg – turning egg slime into foam.

Don't forget to wash your hands before and after cooking and handling raw eggs.

#### Materials

- ▶ Small bowl
- ▶ Whisk
- ▶ Large bowl
- ▶ Cookie sheet

#### Ingredients

- ▶ 2 eggs
- ▶ 4 tablespoons sugar
- ▶ Flavor of your choice:
  - ▶ 1 teaspoon vanilla
  - or 1/4 cup chopped nuts
  - or 1 teaspoon cocoa powder

1. Separate the whites from the yolks of two eggs.
  - ▶ To do this, crack the egg in half, slowly lifting the top half off and letting the egg white ooze out the bottom of the egg into a small bowl.
  - ▶ The yolk will stay in the bottom. Without popping the yolk, slowly slide it into the top of the egg shell allowing extra egg white to slide off the yolk into the bowl. Set the yolks aside for another recipe!
  - ▶ If any of the yellow yolk ends up in the small bowl—stop! Make some scrambled eggs and start again. The fat in the yolk will prevent you from making bubbles in the egg white.
2. Put the egg whites in a large bowl and beat it with a whisk. (You can also use an egg beater or electric beater if you have one... but that takes much less work!) Whisk the egg whites FOREVER until they change from clear and slimy to white and fluffy.
3. Beat in one tablespoon of sugar. Then three more tablespoons of sugar one at a time. The sugar will dissolve in the egg white and turn the foam shiny.
4. Beat until the egg whites are stiff, which means they can stand up on their own after you pull the whisk out.
5. Gently mix in your flavor. (Some vanilla, or maybe finely chopped nuts?)
6. Drop spoonfuls of your sweet fluffy egg white onto a cookie sheet. Use parchment paper if you have some!
7. Bake at 200 degrees for two hours. Keep an eye on them! Little cookies cook fast and big cookies cook slow.