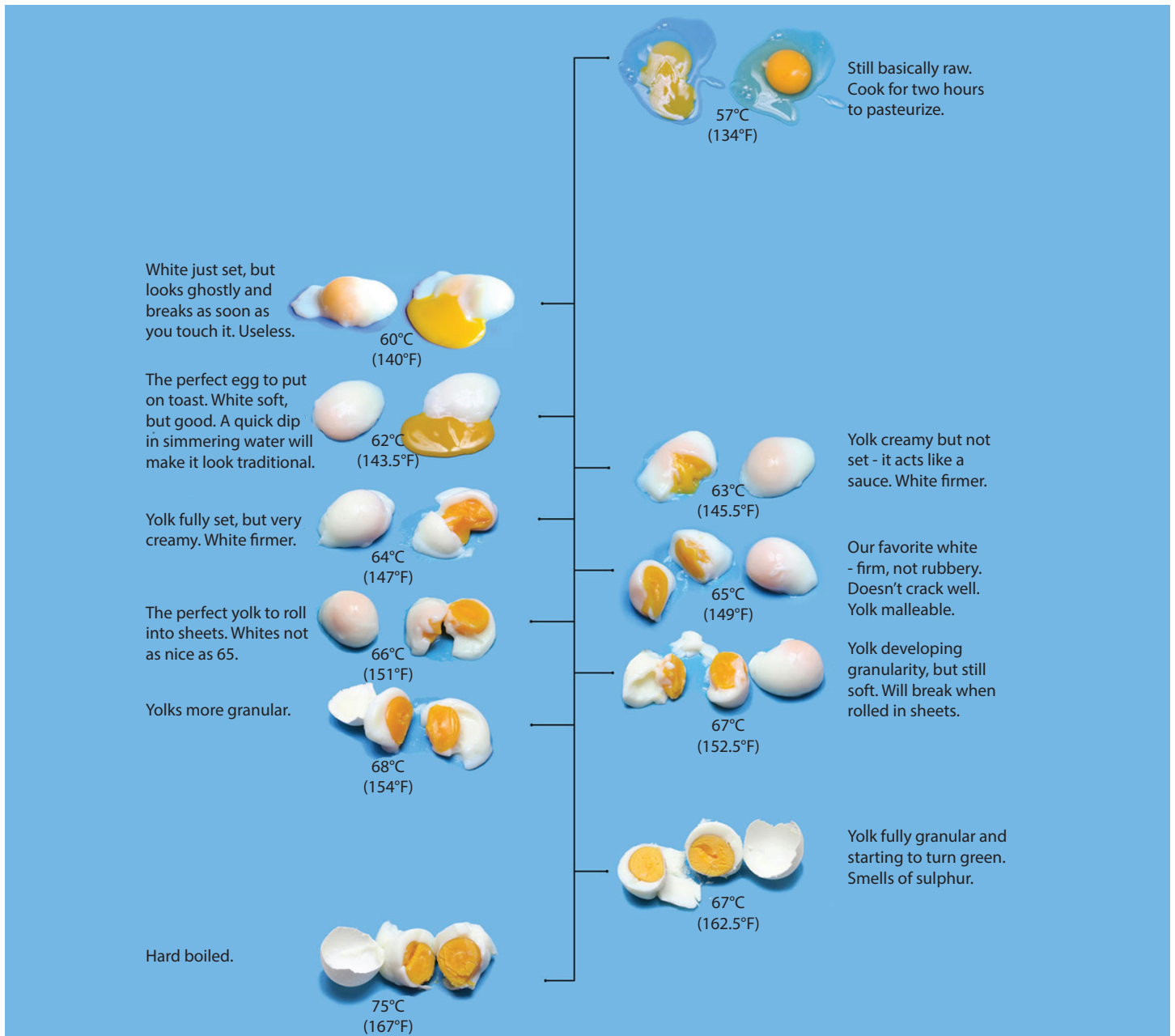


Delicate, Delightful, Delicious Eggs

by Chef Barry Yates

winstonfoodservice.com

Equipment of tomorrow. Partnership of a lifetime. *That's the genius of Winston Foodservice.*



Egg Chart

by Dave Arnold

Precision in egg temperature is key to serving the perfect egg.

Dave Arnold is Director of Culinary Technology of The French Culinary Institute at The International Culinary Center.

There are at least 100 ways to prepare eggs, and a great many of these preparations encompass breakfast foods. From scrambled to sunny-side up, from hard boiled to poached, restaurants serve the ubiquitous egg to breakfast customers daily. While eggs are a workhorse in the kitchen, they are also delicate. Break the yolk on a sunny-side up egg, and you are either throwing it out or praying you have an order for over hard. Sure your customer wants a soft boiled egg, but he wants it now, and the eggs you already boiled are hard boiled. Poached egg on that salad? Sure, but how many eggs are you going to go through to get that poached egg just right?

There has to be an easier way.

Winston Foodservice' line of CVap® holding and cooking cabinets provides you with an easier way to prepare eggs. Hold sunny-side up eggs for two hours with no loss of flavor and no hardening of the yolk. Poach eggs in the shell. (*Yes, you heard me right, in the shell.*) Have enough on hand to handle an entire breakfast's worth of Eggs Benedict and just turn up the heat to hard boil the ones left over for tonight's salads. Make perfect custards and cheesecake without any cracking. Whatever egg recipe you may want to try, the CVap line of equipment is there to make the experience easier and tastier.



What Makes Eggs So Special?

The process of preparing eggs is a delicate matter. The unique character of the egg is found in its unusual food chemistry. The egg is more complex than it might originally appear. It is composed of proteins and water primarily but has several components that make it so exceptional. The shell is primarily a porous, protective layer of calcium carbonate that houses the white (albumen) — mostly water with some protein — and the yolk — mostly nutritious protein with a little fat and water and a very magical chemical: lecithin (the secret to emulsification). You can learn more about their chemistry by [clicking here](#). The proteins and the lecithin in eggs contribute both to its versatility as an ingredient and also its stubbornness. Too much heat and your egg is rubbery, not enough whipping and your white is not stiff. There's a fine line between a perfect egg and a marginal egg.

Why Eggs Are So Important

According to Gail Bellamy of Restaurant-Hospitality.com, eggs will increase in popularity, becoming more common in lunch and dinner dishes. Breakfast sales are also expected to continue to grow, and ethnic flavors will add to the variety of egg dishes served.



This surge in popularity provides operators with both opportunities and challenges. Cooking eggs to exact customer expectations will become increasingly important, as will holding eggs for longer periods of time. At the same time, eggs are a cost-effective and filling protein that — when done right — customers will purchase time and again.

How Can Operators Cook and Hold Eggs Effectively?

The right equipment can make the difference between a good and a bad egg. We have found that CVap® technology's ability to maintain and control precise temperatures allows us to hold the most delicate sunny-side up egg or prepare a poached egg that can wait in its shell until it's time to serve. Looking beyond



breakfast and entrees, consider cooking crème brûlée without the water bath or create a perfect cheesecake for dessert.

Sunny-Side Up Eggs

Have you ever noticed that when cooking eggs you get on a roll? It takes about as long to cook two eggs as it does to cook one, and cooking multiple rounds of sunny-side up eggs can be more efficient than cooking them to order. But what are you going to do with a dozen sunny-side up eggs while you wait for customers to order them? With CVap technology, you can hold them in a vapor-rich environment at the perfect temperature, and they will wait for that customer to order for two hours without the egg white getting rubbery or the yolk getting hard. This way, you can serve customers faster, cook more efficiently, and still bring high quality food to the table.

Poached Eggs

We all know the joy of poaching eggs. You have to have the water just below boiling. You have to gently drop the egg into the water. You have to coax the egg white to stay close to the yolk, and you have to wait while the egg cooks completely. This is a labor-intensive process, and unless you have an egg poacher, the results can be aesthetically... challenging.

With a CVap® Cook & Hold Oven, you can put whole eggs in the oven, turn the evaporator temperature to 156, the air temperature to 2, and walk away for an hour. At the end of that hour, you have poached eggs, still in the shell, ready to serve. And they'll hold at that same evaporator and air temperature until you are ready to serve them.



Custards

Creamy, velvety, decadent, smooth... there are so many delicious words to describe custards! But anyone who works with eggs or custards knows they are delicate and require precision handling. Even with the right skill set, it can be hard to get the same results every time with the limitations of traditional equipment. Not anymore! The way CVap treats a custard is awesome. No water baths. No cracking or separating. Just perfect custards time and again.

Baking a picture-perfect and delicious cheesecake in a commercial kitchen is a lot more difficult than many people realize. You could have the perfect crust, a satiny-smooth and luscious ready-to-bake filling, the best pan on the market, an appropriate bains marie, a great oven, mad skills... and still you wind up with those cracks in your custard! With CVap ovens, the custard remains smooth and silky, and the crust is cooked to give it just enough tooth while still complementing the creamy texture of the custard.

Learn More About the Oven that Makes it Possible

CVap® ovens' amazing ability to cook food to precise temperatures without drying out the ingredients makes it ideal for eggs. To learn more about the CVap product line, please [visit our site](#).

More information on CVap and Eggs

We here at Winston do love eggs, and we have a number of videos and blog posts that will provide more information about the magical way CVap treats eggs. Click on the titles below:

- **Winston's CVap Equipment Can Hold Sunny-Side-Up Eggs** | YouTube
- **Exploration of Eggs (part one)** | CVap Discoveries
- **Exploration of Eggs: Crème Brûlée** | CVap Discoveries
- **Exploration of Eggs: Creamiest Cheesecake Ever** | CVap Discoveries
- **CVap Quiche with Fresh Kale** | CVap Discoveries



Let's Get Cooking!

We'd like to offer a few egg recipes using CVap equipment that will make your customers happy morning, noon, and night. You'll find eggs take a lot less hands-on time than it would take cooking the traditional way.

Sunny-Side Up Eggs

Holding in a Drawer or Cabinet

Ingredients

- 3 Ea Eggs
- 3 Tbsp Butter
- Pinch Salt (Kosher)
- Pinch Black Pepper (ground)

Directions

1. Preset unit to 136 +0 and allow to reach settings.
2. Place 1 Tbsp of butter in non-stick sauté pan (per egg that fits) and heat on high heat of range.
3. After butter is melted and just starting to turn color, crack egg(s) into pan.
4. Sprinkle a pinch of salt and pepper over egg.
5. After egg white is bubbling and not sticking to pan, place eggs in small hotel pan.
6. Place pan of eggs in unit and hold for one hour.
7. Present product between one and two hours of holding.



Scrambled Eggs

Cooking in a Cook & Hold Oven

Ingredients

- 18 Each Med Eggs (or 1Qt liquid eggs)
- 1 Tsp Salt (Kosher)
- 1 Tsp Black Pepper (ground)
- Spray Pam Cooking Spray

Directions

1. Preset oven to Constant Cook ON 200/4/0:25.
2. Spray cooking spray in 6" deep 1/3 pan.
3. Crack eggs (or pour liquid eggs) into pan and whisk until well mixed.
4. When oven reads *load*, place pan in oven and press **Start**.
5. After 12 minutes, add salt and pepper, whisk, and place back in oven.
6. At the end of the cycle, the product is complete and ready for serving. It can be held for 60 minutes in unit if needed.

Eggs Benedict

Holding in a Drawer or Cabinet

Ingredients

- 3 Ea Poached Egg
- 3 Ea English Muffins
- 1 Pk Canadian Bacon
- 1/8 Cup Hollandaise Sauce

Directions

1. On half of an English muffin, place a single slice of Canadian bacon. Then, place the poached egg. Finally add 3 Tbsps of Hollandaise sauce over the top.
2. The open-faced sandwich can be held at 136 +2 for 2 hours or 150 + 2 for 60 minutes.

Poached Eggs

Cooking in a Cook & Hold Oven

Ingredients

- 1 Dozen Eggs

Directions

1. Set Cook & Hold to 156 + 2 and allow it to reach its settings.
2. Place eggs in cabinet for one hour.
3. Gently crack open egg and place poached egg onto plate.
4. Eggs can be held for four hours or until ready for use.



Crème Brûlée

Baking in a Cook & Hold Oven

Ingredients

- 2.5 Cups Heavy Cream
- 6 Ea. Egg yolks
- ½ Tsp Vanilla extract
- 4 Tbsp Sugar

*Sugar for finishing

Directions

1. Preset Cook & Hold to Constant Cook ON 200/0/:45 and allow approximately 30 minutes to preheat.
2. Beat 6 egg yolks, 4 Tbsp sugar, and ½ tsp of vanilla extract in a mixing bowl until thick and creamy.
3. Pour 2.5 cups of heavy cream into a saucepan and stir over low heat until it almost comes to a boil. Remove the cream from heat immediately. Stir cream into the egg yolk mixture; beat until combined.
4. Pour into shallow heat-proof ramekins.
5. Place in Cook & Hold and press **Start**. When time is up, remove from oven and cool to room temperature. Refrigerate for one hour, or overnight.
6. When ready to serve, sprinkle sugar on top of the custard, and caramelize with a chef's torch. Be careful not to burn sugar.

Baking in a Retherm Oven

Ingredients

See above

Directions

1. Preset Retherm Oven channel 1, place a full sheet pan on the top rack and allow approximately 30 minutes to preheat.
2. Set timer to 30 minutes.
3. Beat 6 egg yolks, 4 Tbsp sugar, and ½ tsp of vanilla extract in a mixing bowl until thick and creamy.
4. Pour 2.5 cups of heavy cream into a saucepan and stir over low heat until it almost comes to a boil. Remove the cream from heat immediately. Stir cream into the egg yolk mixture; beat until combined.
5. Pour into a shallow heat-proof dish.
6. Place in Retherm Oven and press **Start**. When time is up, remove from oven and cool to room temperature. Refrigerate for one hour, or overnight.
7. When ready to serve, sprinkle sugar on top of the custard and caramelize with a chef's torch. Be careful not to burn sugar.



Cheesecake

Baking in a Cook & Hold Oven

Ingredients

- 4 Pkgs Cream cheese
- 1 Cup Sugar (for filling)
- 1Tsp Vanilla
- 4 Ea Eggs
- 1.5 Cups Graham cracker crumbs
- 3 Tbsp Sugar (for crust)
- 1/3 Cup Melted butter

Directions

Crust: Mix 1.5 cups of graham cracker crumbs with 3 Tbsp of sugar and 1/3 cup melted butter. Press into bottom of a 10" springform pan.

Filling: In a mixer add 4 packages of cream cheese, 1 cup of sugar, and 1 tsp vanilla. Then mix in 4 eggs, one at a time. Mix on low until very few clumps are visible and be sure to scrape the sides of the bowl. Once the filling is finished, pour it over the crust.

1. Set unit to Constant Cook ON 200/0/1:30 and allow approximately 30 minutes when preheating the unit.
2. Once the unit reads *load*, place the cheesecake in the unit and press **Start**.
3. After 1:30, the unit will read *sell*, and the cheesecake has finished baking.
4. Remove from oven and refrigerate (with the springform still in place) for at least 3 hours.
5. After refrigeration, remove springform and slice for serving.

Baking in a Retherm Oven

Ingredients

See above

Directions

Crust: Mix 1.5 cups of graham cracker crumbs with 3 Tbsp of sugar and 1/3 cup melted butter. Press into the bottom of a 10" springform pan.

Filling: In a mixer add 4 packages of cream cheese, 1 cup of sugar, and 1 tsp vanilla. Then mix in 4 eggs, one at a time. Mix on low until very few clumps are visible and be sure to scrape the sides of the bowl. Once the filling is finished, pour it over the crust.

1. Set the unit to channel 1 and allow approximately 30 minutes when preheating the unit.
2. Set the timer to 1:15.
3. Once the unit reads *load*, place the cheesecake in the unit and press **Start**.
4. After 1:15, the unit will read *sell* and the cheesecake has finished baking.
5. Remove from oven and refrigerate (with the springform still in place) for at least 3 hours.
6. After refrigeration, remove springform and slice for serving.





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