



Culinary Institute
of America

Bistro Boot Camp

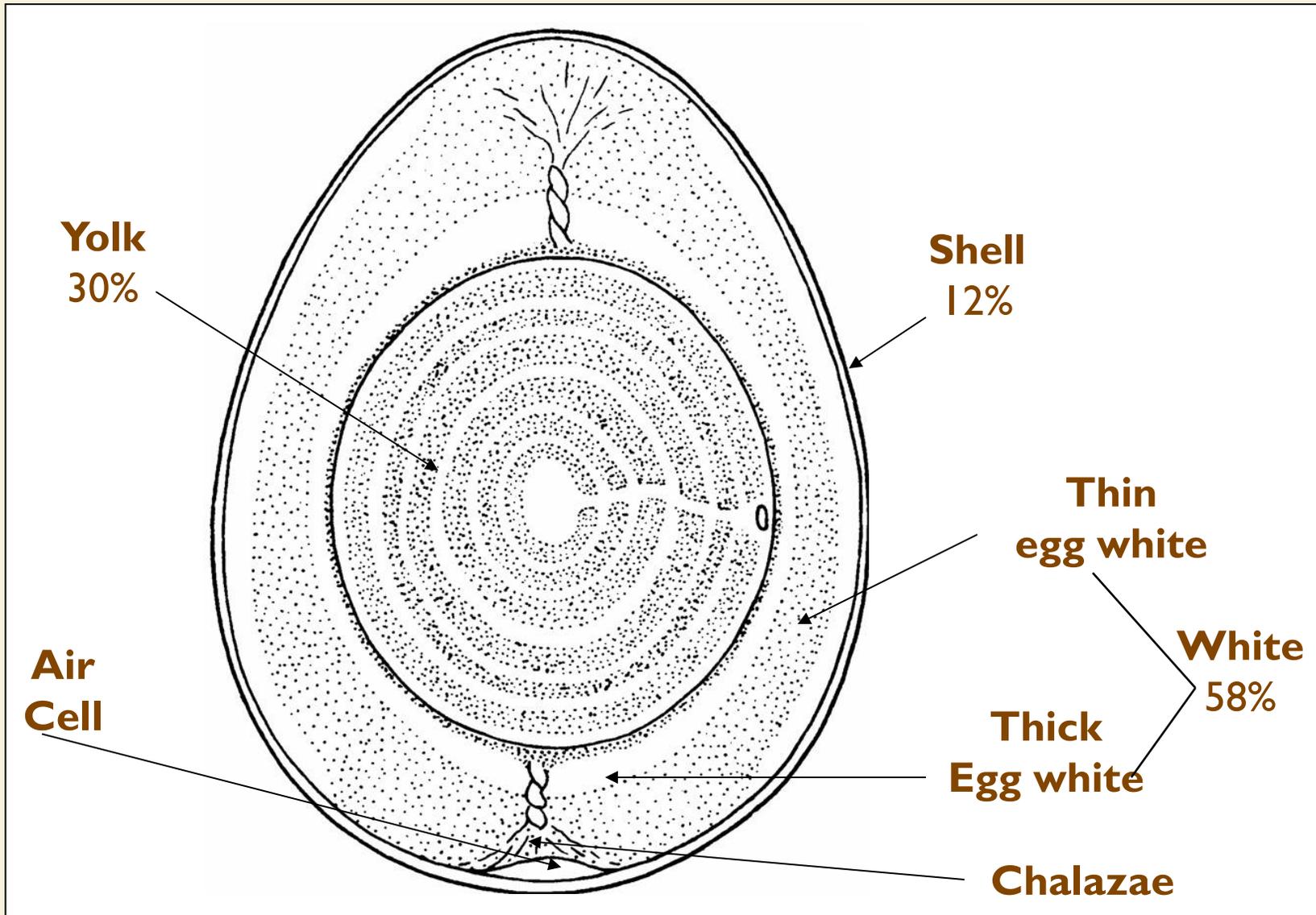
Day Three: Bistro Breakfast Fare:
Egg Cookery, Quick Breads, Griddled
Items, Breakfast Pastries



Learning Objectives

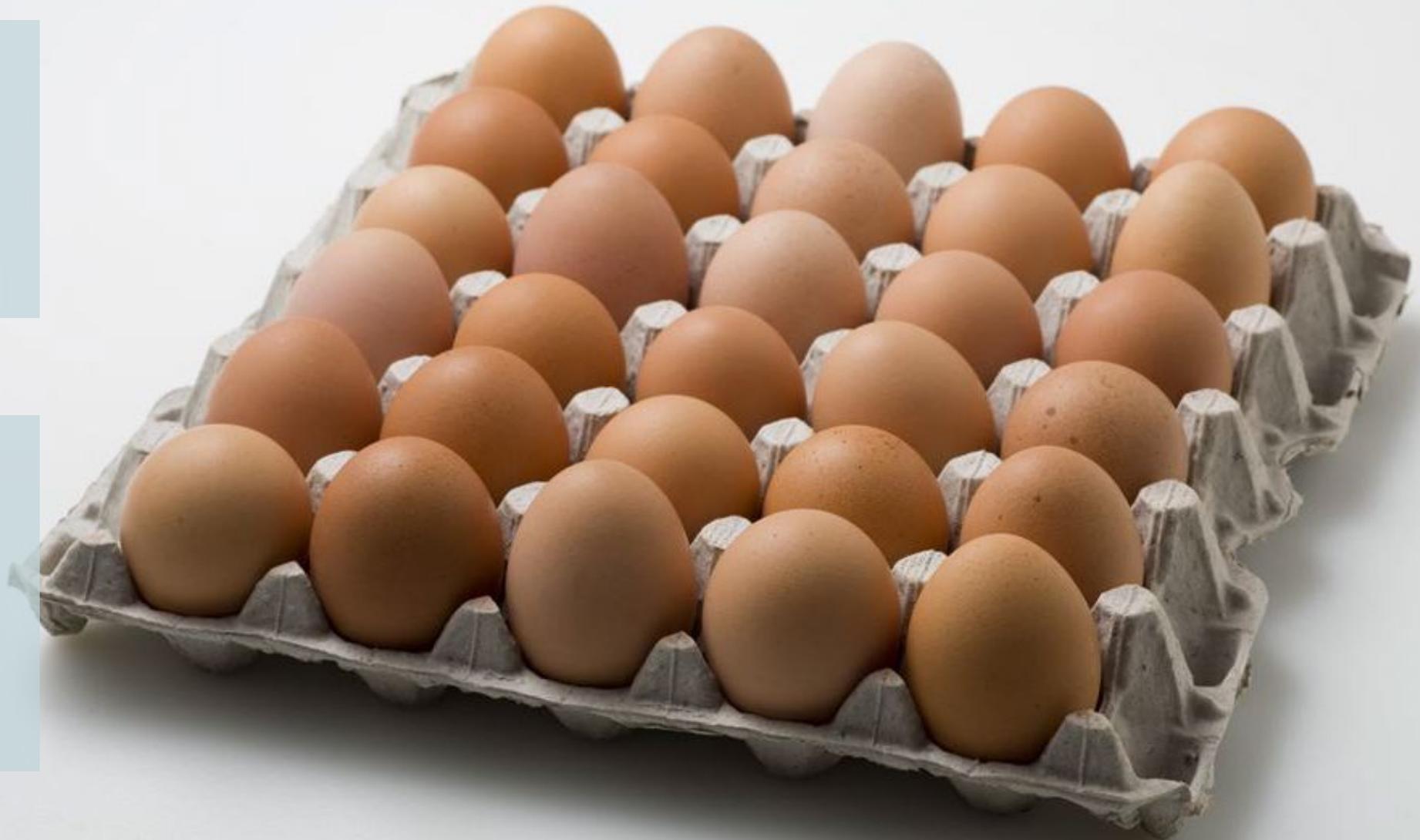
- Describe the components of an egg.
- List the quality characteristics of eggs.
- Describe the method for producing poached eggs and omelets, and state quality criteria for both preparations.
- List various specialty egg preparations.
- State characteristics of quick breads, scones, breakfast pastries, crepes, and other griddled items.
- Discuss and prepare classical and contemporary bistro-style breakfast dishes.

Anatomy of An Egg



Egg Uses

- Binding
 - Coating
 - Leavening
-
- Emulsification
 - Clarifying
 - General enjoyment!



Egg Quality Factors

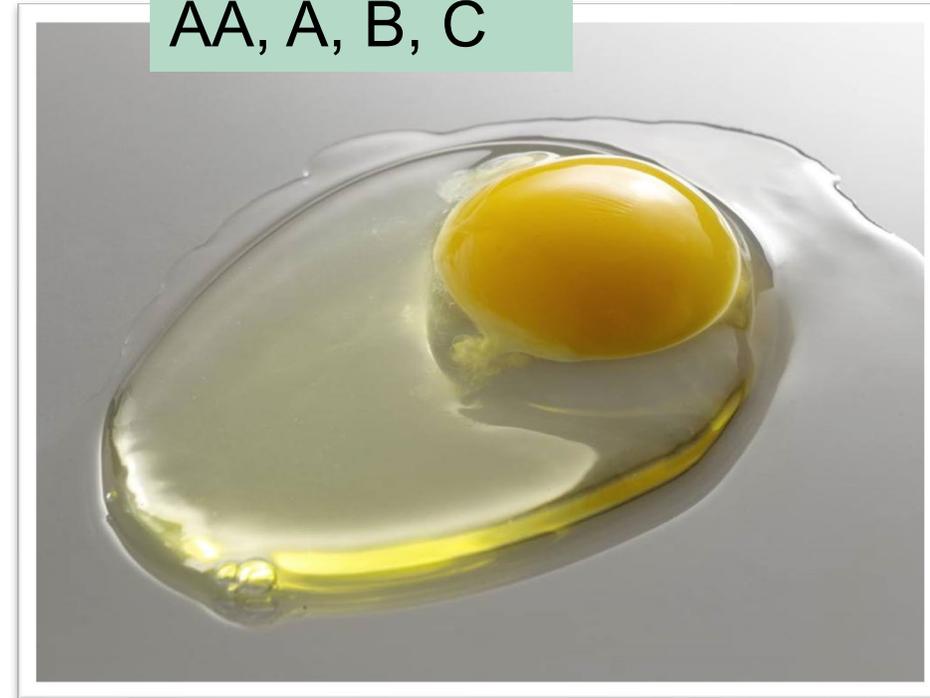
Interior Factors

- Size of the air pocket
- Proportion and density of the white
- Firmness of the yolk
- Blood vessels on the yolk

Exterior Factors

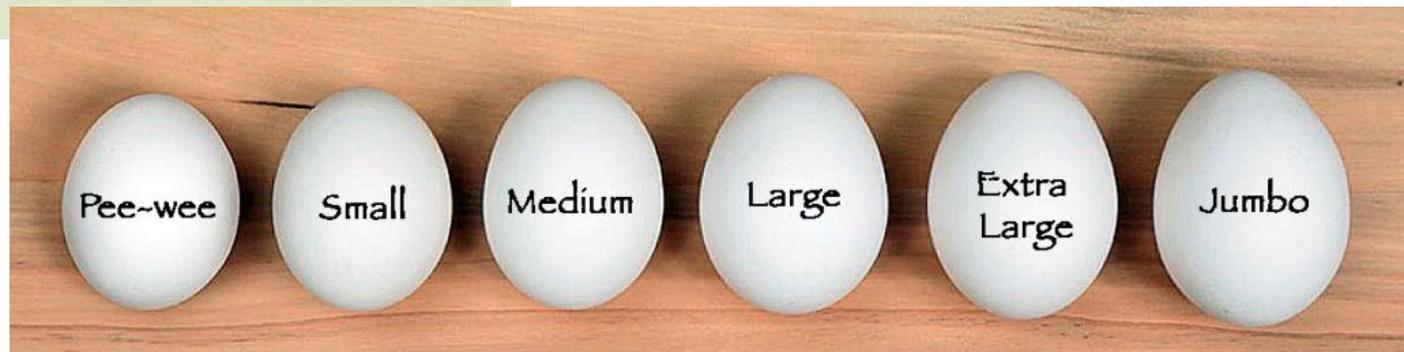
- Soundness
- Texture of the shell
- Shape of the shell
- Cleanliness of the shell

Egg Grades:
AA, A, B, C



Egg Size/ Weight Classifications

- **Jumbo:** 28 - 30 oz. per 12 eggs
- **Extra Large:** 25 - 27 oz. per 12 eggs
- **Large:** 22 - 24 oz. per 12 eggs
- **Medium:** 19 - 21 oz. per 12 eggs
- **Small:** 16 - 18 oz. per 12 eggs
- **Pee-wee:** < 15 oz. per 12 eggs

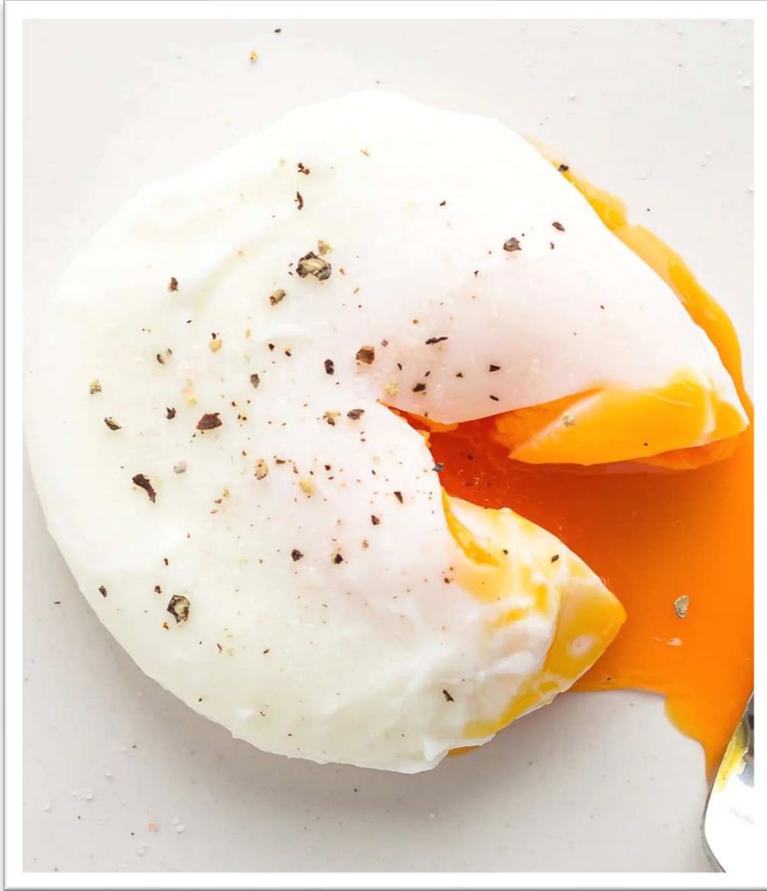


Egg Cookery

- Eggs cooked in shell
- Fried eggs
- Poached eggs
- Scrambled eggs
- Omelets
- Specialty egg dishes



Method: Poached Eggs



1. Bring water; salt to a simmer.
2. Add vinegar to help eggs set and prevent excess spread.
3. Break eggs into cups. Add to simmering liquid. Work in batches to keep steady water temperature.
4. Remove eggs with a slotted spoon, skimmer, or spider.
5. Hold in ice water until service; reheat in simmering water. Trim eggs before serving if ragged
6. Evaluate quality of the poached egg.

Quality Criteria: Poached Eggs

- Tender, fully cooked white
- Runny, yet warm yolk
- Delicately set
- Compact, oval shape
- Neat, uniform appearance
- Served hot
- Make sure liquid is deep enough
- Can be poached in other liquids (i.e., wine)



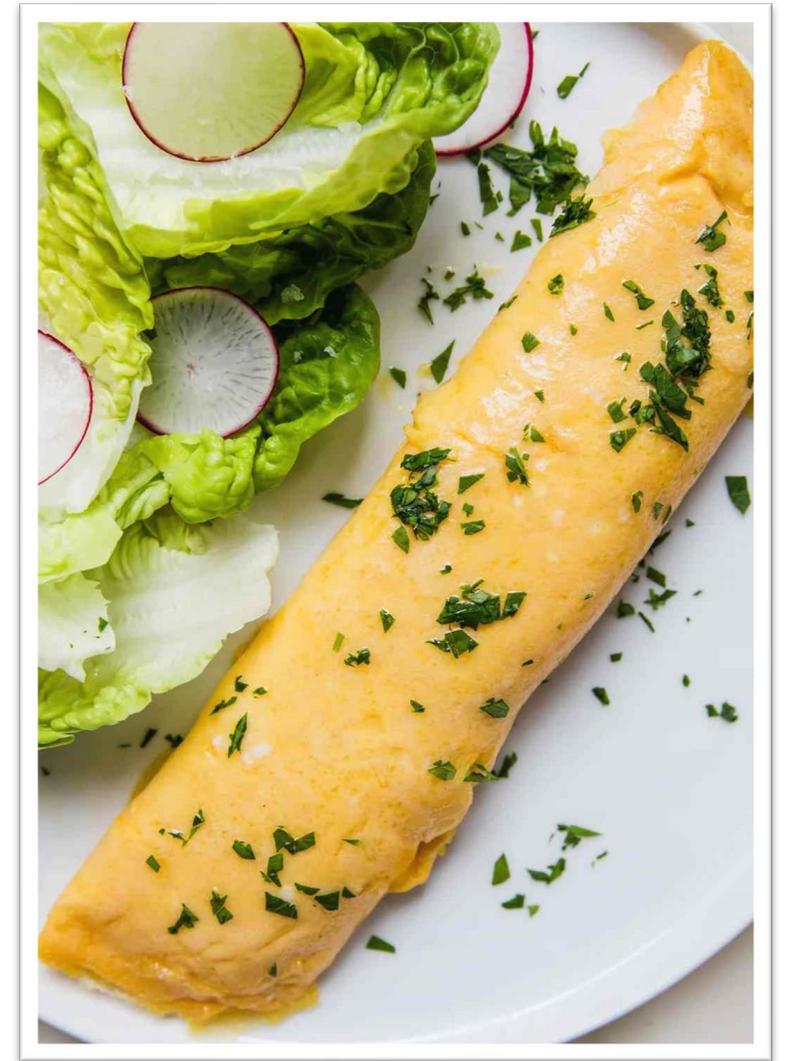
Method: Omelets



1. Blend eggs with liquid, if using.
2. Heat pan, add oil/ butter over high heat or in oven.
3. Add any appropriate fillings or garnishes.
4. Add eggs and cook until eggs are properly set.
5. Stir eggs constantly in beginning for even cooking and shake pan to spread eggs uniformly.
6. Season, add any additional fillings or garnishes, if desired.
7. Evaluate quality of the finished omelet.

Rolling a French-Style Omelet

1. Start by gently spreading or flattening the omelet in the pan to even it out for best-looking rolled and folded omelets.
2. Roll edge of omelet nearest handle toward the center and loosen the omelet.
3. Roll omelet out of the pan, completely encasing any filling (make sure the edges are caught neatly underneath the omelet), directly onto a heated plate
4. Shape omelet with a clean towel, if necessary.



Quality Criteria: French Omelet

- Tapered shape to both ends
- Little to no color
- Interior creamy and moist like scrambled egg
- Exterior smooth with no folds or wrinkles
- Stuffing cooked and warm, if applicable



Specialty Egg Dishes

- Huevos Rancheros
- Scotch Egg
- Frittata
- Tortilla Española
- Eggs Benedict
- Quiche
- Soufflé
- Toad-in-the-Hole



Eggs Benedict



- Toasted English muffin halves
- Traditional toppings:
 - Ham or Canadian bacon
 - Poached egg
 - Hollandaise sauce
 - Truffle shavings
- Many variations exist

Quick Breads

- Characteristics: tender and delicate texture
- Pourable batter or a soft dough

Examples:

- Muffins, loaves
- Pancakes, waffles, crêpes
- Scones, biscuits



Mixing Methods:

- Straight
- Creaming
- Rubbing

Leaveners:

- Baking powder, baking soda
- Less often physical
- Steam from butter or whipped egg whites

Muffins and Loaves



- **Characteristics:**
tender, soft texture
- Spoon-able batter
- **Mixing method:**
straight or creaming
- **Leaveners:** chemical
- Muffins baked individually
- Loaves baked and sliced

Scones and Biscuits

- **Characteristics:** tender, flaky texture
- **Mixing method:** rubbing
- **Leaveners:**
 - Chemical
 - Physical (steam from butter)
- Baked individually
- **Scones:** sweet or savory
- **Biscuits:** generally savory



Breakfast Pastries



- **Characteristics:**
flaky, crispy
exterior, tender
interior
- Soft dough
- **Leaveners:**
physical, steam
from butter

Pancakes

- **Quality characteristics:**
light, fluffy, tender, golden brown
- **Mixing method:**
straight
- **Leavener:**
chemical
- **Equipment:**
griddle or sauté pan



Variations:

- Different flour mixtures
- Addition of fruit
- Savory

Toppings:

- Syrups
- Fruit butters
- Compotes

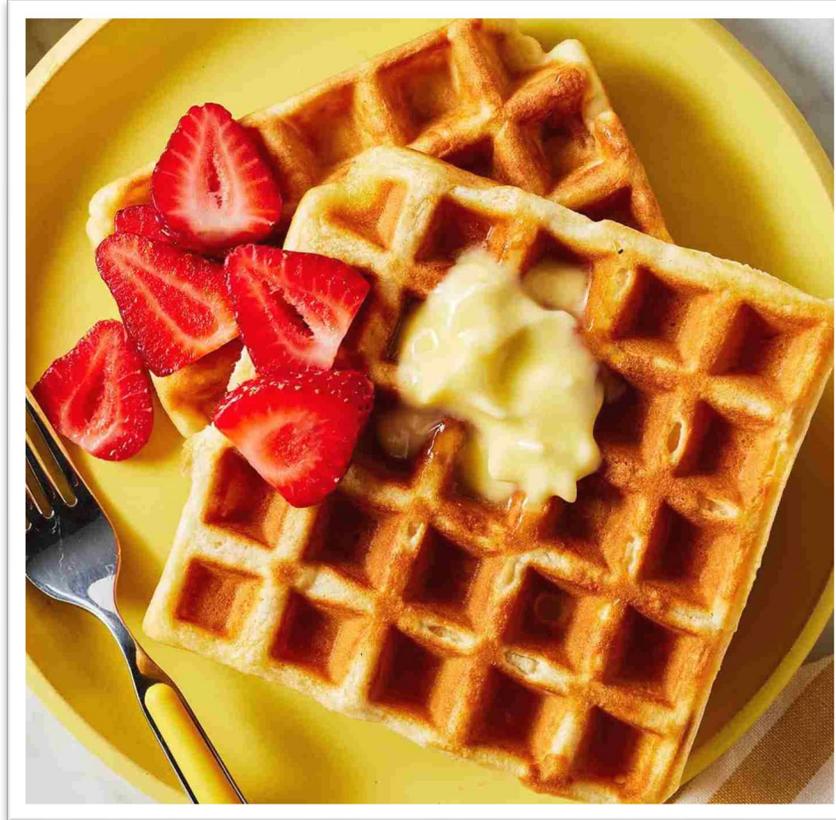
French Toast



- **Characteristics:** light, fluffy, tender, golden brown color
- **Equipment:** griddle or sauté pan
- **Variations:** bread type, stuffed
- **Toppings:** syrups, fruit butters, compotes

Waffles

- Eggs separated, whites whipped, folded into batter
- **Characteristics:**
 - Crisp, golden exterior
 - Light, tender interior
- **Equipment:**
waffle iron



Variations:

- Addition of grains
- Yeast leavened

Toppings:

- Syrups
- Fruit butters
- Compotes
- Ice cream

Crêpes



- **Characteristics:**
 - Light and tender
 - No color to lightly golden brown
 - Thin with an even thickness
- **Mixing method:** straight
- **Variations:**
 - Sweet – Blintz
 - Savory
- **Equipment:** crêpe pan or non-stick sauté pan



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Any Questions?