

Egg Yolks (Chicken) (Poultry & Eggs)

Interesting facts: Egg yolk is a major source of vitamins and minerals. It contains all of the egg's fat and cholesterol, and nearly half of the protein. The color of an egg yolk is determined by hen's diet. The more yellow and orange plant pigments there are in the grain fed to a hen, the more vibrant the color of the yolk will be.

How to select: Selecting eggs from either a store or a farm stand involves inspecting their physical characteristics, their surroundings and, in the case of farm fresh eggs, the conditions under which they were harvested. Choosing high-quality eggs from organic free range and pastured, hormone & antibiotic free hens will make your cooking more flavorful and nutritious.

How to clean and store: Unless you buy from your local farmers' market, always purchase eggs from refrigerated cases. Generally, eggs are transported to stores in vehicles in which the ambient temperature doesn't exceed 45 °F (7 °C). Keeping eggs refrigerated helps to prevent food borne illness like salmonella. Choose eggs with clean, un-cracked shells. Take the time to open an egg carton and inspect the eggs for cracks or breakage. Salmonella tends to live on the exterior of the eggshell and can travel into the interior via cracks. Eggs may be kept in your refrigerator for 3 to 5 weeks after you bring them home from the store, even if the sell-by date passes during that time.

How to prepare and cook: An easy way to separate the yolk from the whites is to use a clean, empty plastic water bottle. Crack open the whole egg into a shallow container or plate. Squeeze air out of the empty water bottle and place on the side of the egg yolk. Release the bottle and allow the yolk to be sucked into the bottle. Transfer to a clean container and use the yolk as needed.

Recipe ideas:

Hollandaise: Melt 1½ cups unsalted butter and set aside and let cool slightly. Place 2 egg yolks in a blender with 2 tablespoons lemon juice and blend; while blender is going add the melted butter slowly until blended. Add 1/8 teaspoon salt and pepper.

Custard: In a saucepan over medium heat place 2 cups whole milk and heat. In a bowl, whisk together 2 egg yolks and two eggs (organic free range) 1/3 cup sugar, 1 teaspoon vanilla extract. Pour the egg mixture slowly into the milk and whisk to combine. Take off heat and pour mixture into a strainer. Using a pan place 4 ramekin cups and pour enough hot water in the pan half way up the outsides of the ramekin cups (This is called a water bath) Place the egg mixture in each ramekin cup and bake in a 300 °F. oven for 30-35 minutes. Remove the pan from the oven. The custard might be a little loose. Allow the custard to remain in the water bath (about 2 hours) and serve.