



INGREDIENTS

Serves 4

- 6 eggs
- 500 ml (17 fl. oz) milk
- 60 g (2 oz) caster sugar
- 15 slices of brioche
- clarified butter or vegetable oil for frying
- soft fruit — berries, plums or peaches

METHOD

- 1 Beat the eggs in a bowl and whisk in the milk and sugar.
- 2 Dip the slices of brioche into the mixture, allowing them to soak it up.
- 3 Put the slices into the frying pan and fry until golden.
- 4 Serve with soft fruit, like berries, plums or peaches.



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ABOUT
FOOD



The Open University

ABOUT EGGS



To make an egg stand on its end, first make a little pile of salt on a hard, dry, smooth surface, such as a plate. Stand the rounded end of the egg on the salt. Carefully blow the salt away from around the egg. The egg doesn't fall over. A few tiny cubes of salt remain under the egg and make a pedestal which supports it.

- An African ostrich egg will feed up to 10 people at a time and it would take about 40 minutes to boil.
- The 'Lion' stamp on British eggs shows you that the egg has been produced according to a set of industry standards, such as hens being vaccinated against salmonella. As well as the red lion, there is a 'best-before' date on them (21 days after laying). There is also a number which identifies the way that the hens are kept - 0 for organic, 1 for free range, 2 for barn eggs and 3 for cage eggs. This number is followed by a country code (e.g. UK) and a set of numbers which identifies the farm from which the egg originated.
- A hen starts laying eggs at 19 weeks of age and, on average, lays about 259 eggs a year. As she grows older, she produces larger eggs.
- The largest chicken egg on record was nearly 12 oz, measuring 12 ¼" around.
- The largest recorded number of yolks in one chicken egg is nine.
- The record for laying the most eggs is seven in one day.
- Did you know that some breeds of chickens can lay coloured eggs? Sure enough, Ameraucana and Araucana hens can lay eggs coloured in shades of green or blue, depending on the breed and its ancestry.