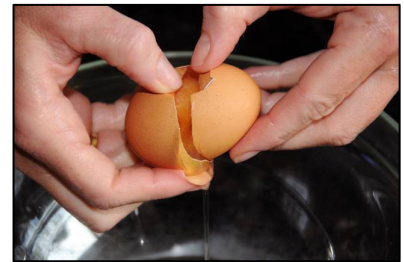


How to separate and beat eggs

Separating Eggs

Set out two bowls. Crack the egg gently on a flat surface or on the rim of a bowl, to break its shell as close to the middle of the egg as possible.

Working over a bowl, use your thumbs to gently pry the egg halves apart. Let the yolk settle in the lower half of the egg shell while the egg whites run off the sides of the egg into the bowl. Gently transfer the egg yolk back and forth between the egg shell halves, letting as much egg white as you can fall into the bowl below. Be careful not to break the egg yolk. Place the egg yolk in a separate bowl.



For egg whites that are to be whisked until stiff (for a mousse or pavlova, for example), it is important not to get any of the yolk in the egg whites. The fat in the egg yolk (or any oil for that matter) will interfere with the egg white's ability to whisk properly. I recommend separating the eggs one by one into smaller bowls, and then transferring the separated egg into larger bowls. This way, if you break a yolk it will not break into all the egg whites you've separated (in this case you would need to discard the lot and start again).



If you do get a little yolk in the egg white, remove it by scooping it out using a piece of egg shell, or by touching the yolk corner with a piece of damp kitchen paper (the yolk should adhere to the paper). Use this method if you get a piece of egg shell in the separated eggs.



Beating whole eggs

Break the eggs into a bowl and beat with a fork, whisk or electric mixer until the yolks and the whites are combined.

Beating egg yolks

After separating the eggs, beat the yolks with either a fork or a whisk to break them up. Depending on the recipe, you may need to beat for a longer period until they become thickened.

Whisking egg whites

Ensure the egg whites are in a clean and dry bowl (preferably not plastic). Using an electric mixer, start on a low speed and gradually increase the speed. Move the beaters through the whites and beat until the whites stiffen. Be careful not to overbeat – the whites should be stiff but not dry. Overbeaten egg whites appear grainy and will slide around the bowl if you tilt it – in this case they will need to be discarded.

You can also use a hand-held balloon whisk, although it will take longer. Never use a food processor, as insufficient air will be incorporated. Always ensure that your beaters or whisk are clean and dry.