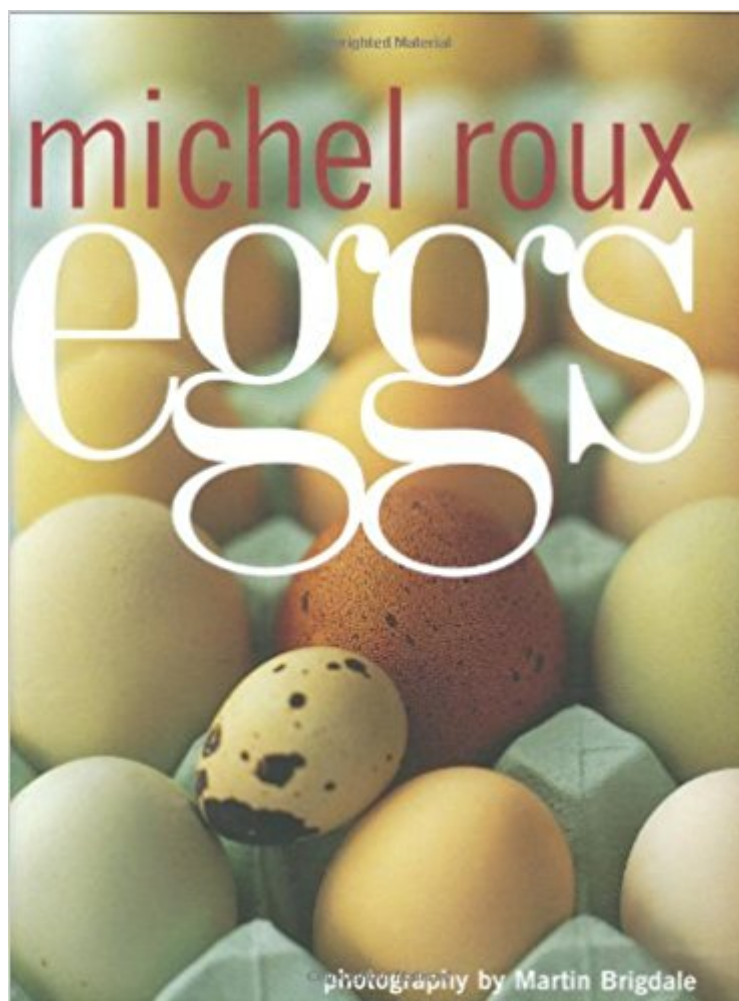


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# Eggs



## Synopsis

The egg is the simplest and most complete food, highly nutritious and versatile enough for the quickest of meals or the smartest of dinner parties. It's also a favorite of pâtissiers and dessert chefs. Michael Roux--for many years a chef at the top of his profession and a global traveler with a passion for different cuisines--is the ideal author to take a new look at one of the oldest foods of all. Each chapter is based around a style of cooking eggs, from boiling, frying, poaching, baking and scrambling, to making the perfect omelet, crêpe, soufflé, meringue and custard. Classic recipes such as Hollandaise Sauce, Eggs Benedict and Lemon Soufflé are given a modern twist, while Michel's original recipes boast new combinations of flavors or a lighter, simpler style of cooking. Illustrated with 150 stunning photographs and designed in a clear, modern, easy-to-follow style, Eggs is set to become a classic.

## Book Information

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## Customer Reviews

"Without fanfare, this book opens the door to all manner of sophisticated cooking and baking...." (New York Times, Dining In/Dining Out Section, June 7, 2006) You are not likely to find gull's eggs, spring delicacies in England, in these parts, but even the mention of them in "Eggs" by Michel Roux gives you an idea of how comprehensive this alluring book is. It covers just about every aspect of the egg, including its chemistry, safety, storage and flavor, and each page is beautifully photographed. Mr. Roux, a Michelin three-star chef in England, provides recipes that begin with the simplest boiled eggs, for which there are dozens of variations, and include a delectably velvety French toast casserole with cheese and herbs that would glorify an Easter brunch. His trick for frying

eggs so that the white is crunchy and envelops the runny yolk is a keeper, and lovely served in potato nest. There are recipes for omelets, frittatas, custards, mousses and much more, making a rich collection indeed. — Tony Cenicola (The New York Times, April 12, 2006)

The egg is the simplest and most complete food, highly nutritious and versatile enough — for the quickest of meals or the smartest of dinner parties. It's also a favorite of — Pâtissiers and dessert chefs. Michel Roux — for many years a chef at the top of his profession and global traveler with a passion for different cuisines — is the ideal author to take a new look at one of the oldest foods of all. Each chapter is based around a style of cooking eggs, from boiling, frying, poaching, baking and scrambling, to making the perfect omelet, crêpe, soufflé, meringue and custard. Classic recipes such as Hollandaise Sauce, Eggs Benedict and Lemon Soufflé are given a modern twist, while Michel's original recipes boast new combination of flavors or a lighter, simpler style of cooking. Illustrated with stunning photographs and designed in a clear, modern, easy-to-follow style, Eggs is set to become a classic.

We keep between two and three dozen chickens on our little "farmette". I have both this cook book and — The Good Egg: More than 200 Fresh Approaches from Breakfast to Dessert. While I like this book by Michel Roux, I have gotten more use from 'The Good Egg'. I have owned both books for over a year. Here's what's better in Eggs by Michel Roux: — It is a nicer quality book: Bound and beautiful color photos. The Good Egg is paperback. — More sophisticated cooking techniques. Here's why I like 'The Good Egg' better: — Most importantly: 'The Good Egg' has more to choose from for everyday cooking. — There are more recipes in 'The Good Egg'. — I like her bread pudding and frittata recipes. — There is a lot of information presented about eggs. As an owner of a lot of chickens, which produce a lot of eggs, this information has been very worthwhile. I pass along recipes to our egg buyers and I also recommend 'The Good Egg' to the egg-eaters that I know. It has been very interesting for me to see — then try — different techniques for producing specific well-known dishes (for instance omelets). But, to tell the truth, I still make my omelets per the instructions I read in an older food magazine article. And if you are a young and inexperienced cook you will like — Eggs: Fresh, Simple Recipes for Frittatas, Omelets, Scrambles & More. It is very basic, but has very nice recipes and info. And if you are looking for instructions for a true Spanish tortilla, take a look at — The New Spanish Table. A true Spanish tortilla is not the easiest dish to master, but it is (of course this is my opinion) a wonderful thing to create, present and eat. It is my all-time favorite egg dish.

This is a beautiful and easy to apply cookbook about all things having to do with eggs. From descriptions of the various types of eggs to detailed advice on how to prepare the most common and the most heavenly egg dishes you can imagine. It's full of color photographs and the hard won experience of the author. I bought it for the Carbonarra recipe and I'll keep it for the sections on poaching and baking eggs. There's even a section on custard and ice cream. It's well designed and covers just about anything you want or need to do with an egg.

As a big fan of Michel Roux's Sauces, and sick of thumbing through generalist cookbooks looking for the definitive Hollandaise recipe or the exact timing for mollet eggs, I was very happy to see this great chef tackle this fundamental topic. The book has exceeded every expectation. I hoped it would cover the basics: frying, poaching, boiling, etc. It does that in great detail, clearly and accessibly. But it also presents many classic recipes that feature eggs: a very rich and custardy [and easy] cherry clafoutis, a sort of savory-herbed french toast, an outrageously delicious carbonara sauce, mousses, curds, meringues... 299 pages of flawless, rewarding recipes. As with Sauces, I am impressed not just by the depth and accuracy of the context, but by the outstanding graphic design and photography. Next time you want to make somebody really happy without spending much time or money, try the Spanish Tortilla with Chorizo. I've been making it for my kids for breakfast and they love it, but it is equally well-received with wine and candles. With a little more effort, make the fresh egg noodles. They are silky, rich, and redolent of olive oil, ready for the simplest sauce [or a manly Bolognese], the basis for a memorable but simple supper. If you master a couple dozen egg recipes you'll always have something to fall back on. You may even come to see eggs as main-course material. Highly recommended!

As a card carrying "foodie" and egg lover, I couldn't resist getting this book. The recipes are brief, with few ingredients. Roux is French and his interpretation of egg cooking is obviously derived from French cooking. Serving sizes are small, but made up for by rich sauces and meat accompaniments. If you don't like cream and/or butter, this book is not for you. The recipes are very much dependent on technique, and therefore are deceptively simple. A beginning cook might therefore find some of the recipes somewhat frustrating. Well illustrated, the book covers everything from appetizers, main courses, and deserts, including ice creams/custards. If you're beyond the "beginner" stage of home cooking, and enjoy eggs and "rich" French cooking, I recommend this book.

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