
EGGS
Master basic egg recipes

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- CRAFTSMANSHIP -
EGG VARIETY basics & usage ✓



Courses: Egg dishes
Collections: PURPOSE & HISTORY
Source: OCTOPUS OCEAN - Germany

Ingredients

▢ The humble egg is one of the most essential commodities in the kitchen. The egg is an essential component of many cuisines, whether it is used to bind dough, enhance sauces, or stand alone in a flawless scramble. Beyond its adaptability, however, the egg has a long history spanning thousands of years and continues to be vital to global culinary culture.

Directions

The Impact of Eggs on International Cuisine

Every tribe has discovered a way to honour the egg. Here are some examples of how eggs have influenced cuisines around the world:

France: From delicate souffés and hollandaise sauce to the straightforward yet elegant omelet, eggs are the cornerstone of French cooking.

China: The egg's essential importance in Chinese food is demonstrated by century eggs, tea eggs, and egg drop soup.

Italy: From tagliatelle to creamy ravioli fillings, eggs are a crucial component of pasta cooking.

Mexico: Eggs are highlighted in dishes like huevos rancheros and chiles rellenos, which are robust and savoury.

Japan: Onsen tamago (hot spring eggs) and tamagoyaki (rolling omelets) showcase Japan's exacting and creative egg-cooking techniques.

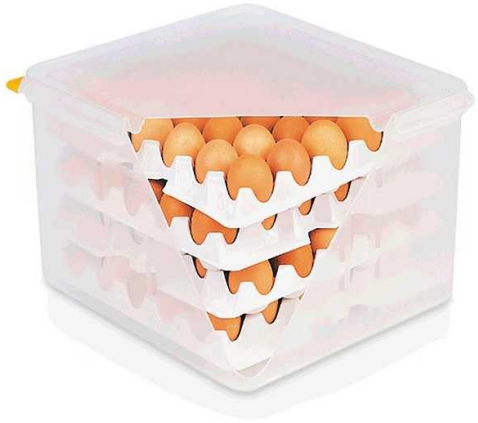
Because they serve as a binding, leavening, and emulsifying agent, eggs are also essential in baking. Classics like cakes, biscuits, and mayonnaise wouldn't be possible without eggs.

NOTES

The next time you crack an egg, consider the culture, history, and significance contained within that straightforward shell. In every meal, let's commemorate the rich heritage of the egg by cooking with attention & care.

EGG BOX-GN 2/3 ✓

Courses: Technical equipment
Categories: GALLEY
Source: OCTOPUS OCEAN - Germany



Ingredients

ARTICLE N° 25484
Egg-box GN 2/3 - HACCP

- ☐ Fits 4 inserts / egg tray for 30 eggs each
- ☐ What's Included:
- ☐ *1 box with a lid + 8 inserts / trays*

Directions

- Egg box made of food-safe plastic, including four egg trays.
- Up to four filled egg trays (30 eggs each) can be stacked inside the box.
- Includes a secure-closing lid.
- Suitable for storing eggs - HACCP.
- The box is designed for use in temperatures ranging from -40 °C to 90 °C.
- Egg trays are dishwasher-safe.
- **Includes a label for storage traceability;** can be labelled with a marker - please order separately.

- ☐ Color clear, white
- ☐ Food-safe yes
- ☐ **HACCP Certified**
- ☐ Material details: **Polypropylene**
- ☐ Product feature dishwasher-safe
- ☐ Size GN 2/3
- ☐ Capacity 25 Liter
- ☐ Dimensions 20 cm x 32.5 cm x 35.4 cm (H x W x D)
- ☐ Producer: **WAS Germany**

- CRAFTSMANSHIP -
Soft boiled eggs ✓



Courses: Egg dishes
Collections: German recipes
Source: OCTOPUS OCEAN - Germany

Ingredients

- ▢ 2 to 4 Eggs*, large
- ▢ Salt
- ▢ Black Pepper, freshly ground

ASSESSEMENT

PROCESS good / fair / bad
TASTE good / fair / bad

CREW OPINION

very happy / happy / unhappy

EDUCATION

For galley crew sailing on all oceans

FACEBOOK

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Directions

Soft-Boiled Eggs

Depending on how you prefer your yolks, select the timing. For a runny yolk, simmer the egg for six minutes; for a jammier yolk, simmer it for six and a half minutes; and for a molten yolk that is starting to set, simmer it for seven minutes.

Heat the water first. Over high heat, bring a medium saucepan of water to a boil. To keep the water at a gentle boil, lower the heat to medium.

Add the eggs after that. Gently lower the eggs into the simmering water using a slotted spoon. Set a seven-minute timer.

Make the ice bath while the eggs cook. Pour cold water into a big dish and add a handful of ice. As soon as the timer sounds, take the eggs out of the boiling water and place them in the ice bath. Let them cool for a minimum of three minutes.

Lastly, peel the eggs! A soft boiled egg can have some of its shell removed by tapping its bottom. To remove the egg's shell, carefully slide a tiny spoon around the egg and between it and its shell.

Season eggs with salt and pepper, to taste.

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- CRAFTSMANSHIP - Baked eggs ✓



Courses: Egg dishes
Collections: French recipes
Source: OCTOPUS OCEAN - Germany

Ingredients

- ☐ 4 tsp Oil, per small ramekin
- ☐ 16 Eggs, per small ramekin
- ☐ Salt & Black Pepper
- ☐ Feta cheese, crumbled
- ☐ Dill, fresh - washed, spin-dried and finely cut

ASSESSEMENT

PROCESS good / fair / bad
TASTE good / fair / bad

CREW OPINION

very happy / happy / unhappy

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Directions

Eggs Baked

The yolks are fluid and the whites are just set in these delicate baked eggs. Savor them by themselves or dress them up with cheese and seasonings.

Grease a 11,5 cm ramekin with the oil and preheat the oven to 160° C. It is easier to move the ramekin in and out of the oven when it is placed on a baking sheet.

Crack 2 eggs (per portion) into the ramekin and bake for 10 to 15 min. or until the yolk is still runny and the whites are just set.

Bake for 9 to 12 min if using a muffin pan.

Take care not to overcook; when you remove the baked eggs, they should appear slightly underdone.

As they cool from the oven, they will solidify a little more.

Top the baked eggs with feta, dill, if desired.

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https://www.loveandlemons.com/egg-recipes/

- CRAFTSMANSHIP -
Sunny side up eggs ✓



Courses: Egg dishes
Collections: USA recipes
Source: OCTOPUS OCEAN - Germany

Ingredients

- ☐ 2 to 3 eggs (for one meal)
- ☐ Oil, for the pan
- ☐ Salt
- ☐ Black Pepper, freshly ground

ASSESSEMENT

PROCESS good / fair / bad
TASTE good / fair / bad

CREW OPINION

very happy / happy / unhappy

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Directions

Sunny Side Up Eggs

These simple eggs provide a tasty, nutritious breakfast with runny yolks and just-set whites.

Crack each egg into a small bowl or ramekin.

Heat a non-stick skillet over low heat after brushing it with olive oil.

Add the eggs, cover with a transparent glass lid, and cook over low heat until the whites are set, about 2 minutes.

Take care not to break the yolks while using a spatula to move the cooked eggs to plates.

Add salt and pepper for seasoning, then savour!

NOTE

If you don't want the egg whites to run together, use a large skillet or cook each egg separately.

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- CRAFTSMANSHIP - Scrambled eggs ✓



Courses: Egg dishes
Collections: French recipes
Source: OCTOPUS OCEAN - Germany

Ingredients

- ▢ 12 Eggs, large
- ▢ 4 tsp Milk
- ▢ Butter, for the pan
- ▢ Salt
- ▢ Black Pepper, freshly ground
- ▢ Majoram, dried - for garnish

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ASSESSEMENT

PROCESS good / fair / bad

TASTE good / fair / bad

CREW OPINION

very happy / happy / unhappy

EDUCATION

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Directions

Eggs Scrambled

All you need to make a lovely, creamy morning scramble is eggs, milk, and a small amount of butter. Add salt, pepper, and dried herbs, such as Majoram.

After cracking the eggs, pour the milk into a medium bowl. Whisk until there are no more egg white streaks & the mixture is smooth & well mixed.

Melt butter in a small non-stick skillet.

Turn the heat up to medium.

After adding the eggs, heat them for a few seconds without stirring. Pull a rubber spatula across the bottom of the pan to form large, soft curds of scrambled eggs.

Keep cooking over medium-low heat, stirring and mixing the eggs every few seconds.

When the eggs are mostly set but still have some liquid in them, take the pan off of the burner. Add salt & pepper to taste, and if preferred, top with dried herbs.

- CRAFTSMANSHIP - Poached eggs ✓

Courses: Egg dishes
Collections: French recipes
Source: OCTOPUS OCEAN - Germany



Ingredients

- ☐ 8 Eggs, large
- ☐ 5 tbsp white Vinegar
- ☐ Pot of water

ASSESSEMENT

PROCESS good / fair / bad
TASTE good / fair / bad

CREW OPINION

very happy / happy / unhappy

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Directions

Eggs Poached

Don't be afraid of poached eggs! They're a great way to add extra protein to almost anything and are surprisingly simple to create.

Crack the egg into a little basin.

Heat a medium pot of water until it gently boils.

Stir the water in a circular motion after adding the vinegar. Cook for 3,5 to 4 minutes after gently dropping the egg into the water and giving it one more gentle swirl.

Use a slotted spoon to remove the egg, check for doneness, and then serve.

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- CRAFTSMANSHIP - Omelettes ✓



Courses: Egg dishes
Collections: French recipes
Source: OCTOPUS OCEAN - Germany

Ingredients

- ☐ 16 Eggs, large (serves 8)
- ☐ Salt
- ☐ Pepper, black, freshly ground
- ☐ Butter, for the pan

ASSESSEMENT

PROCESS good / fair / bad

TASTE good / fair / bad

CREW OPINION

very happy / happy / unhappy

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Directions

How an Omelette Is Made

Although omelettes may look fancy, you may simply become an expert at this traditional dish with a little practice. Enjoy playing around with various fillings. For a tasty breakfast or dinner, I adore using cheese, sautéed vegetables, and herbs!

In a medium bowl, crack the eggs and whisk until the yolks and whites are thoroughly mixed. Add salt for seasoning.

Over medium heat, preheat an 20 cm non-stick skillet. Swirl to coat the bottom of the pan after adding a tiny pat of butter. After adding the eggs to the pan, lower the heat to medium-low. Cook without stirring for about 10 seconds, or until the edges just start to set. Using a spatula, quickly push the cooked egg into the centre of the pan while working around the omelette's edges.

Tilt the pan as needed to allow the raw egg to run to the outside. Continue until the raw egg gradually thickens and fills the omelette's edges. Then, carefully flatten the raw egg into an even layer with the spatula.

Add your preferred filling to one side of the omelette and fold the other side over it after cooking without stirring until the omelette is mostly set. Cook until the eggs are barely set. Take off the heat, add salt and pepper to taste, and serve.

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- CRAFTSMANSHIP - Shakshuka ✓



Courses: Egg dishes
Collections: Levantine recipes
Source: OCTOPUS OCEAN - Germany

Ingredients

- ☐ 1200 gr Tomatoes, canned
- ☐ Olive oil as needed
- ☐ 12 Spring onions, cleaned & sliced
- ☐ 8 Garlic cloves, sliced
- ☐ 2 tsp Cumin, level
- ☐ 2 pinches Cayenne pepper or Chili flakes
- ☐ Salt & Pepper
- ☐ 8 Eggs
- ☐ 6 tbsp Parsley flat-leaf, fresh and/or Coriander leaves

ASSESSEMENT

PROCESS good / fair / bad
TASTE good / fair / bad

CREW OPINION

very happy / happy / unhappy

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Directions

Although Shakshuka is a typical breakfast throughout the Middle East and North Africa, you may make it at any time of day.

Serve it for lunch, supper, or breakfast along with a warm pita to mop up the tasty red pepper and tomato sauce.

1.

Heat the olive oil in a pan and sauté the spring onions, garlic, and cumin in it. Add the tomatoes, cayenne pepper, salt, and pepper (if the tomatoes are not sweet enough, optionally add half a teaspoon of sugar). Let it simmer for about 15 min., until the tomatoes are cooked but not completely broken down.

2.

Crack 4 eggs evenly over the other ingredients in the pan. Lightly loosen the egg whites with a fork and let them set for 1-2 min. Sprinkle with parsley and coriander.

3.

Serve with white bread.

You can also optionally serve with hummus.

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- CRAFTSMANSHIP - Tortilla ✓



Courses: Egg dishes
Collections: Spanish recipes
Source: OCTOPUS OCEAN - Germany

Ingredients

8 SERVING

- ☐ 1,400 g Potatoes
- ☐ 4 Onions
- ☐ 6 tbsp Vegetable oil - neutral
- ☐ 12 Eggs
- ☐ 8 tbsp Milk
- ☐ Salt
- ☐ Pepper

ASSESSEMENT

PROCESS good / fair / bad
TASTE good / fair / bad

CREW OPINION

very happy / happy / unhappy

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Directions

FIRST STEP

Carefully peel and wash the potatoes, then cut them into thin slices using a knife or a mandoline. Peel and finely dice the onions. Heat the oil in a deep frying pan. First cook the diced onions, then remove them and fry the potato slices (approx. 20 min., the potatoes should be al dente).

SECOND STEP

Crack the eggs into a large bowl, add the milk and whisk everything together. Season generously with salt and pepper.

THIRD STEP

Add the potato and onion mixture, mix carefully, then place in a round, ovenproof dish and bake in a preheated oven (180 ° C) on the middle shelf for approx. 15 min.

FOURTH STEP

Chop up and cut into pieces.

What can you eat with tortillas?

Tortilla de Patata can be complemented with vegetables and herbs. Fried bacon also tastes good with it. Salads and fresh bread such as baguettes can be served alongside it. Tapas from Spanish cuisine also go well with it.

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https://www.facebook.com/reel/1253520673586087

- CRAFTSMANSHIP -
Egg bites - muffins ✓



Courses: Egg dishes
Collections: French recipes
Source: OCTOPUS OCEAN - Germany

Ingredients

- ☐ Oil, for the pan
- ☐ 6 Eggs, large
- ☐ 180 gr Cottage cheese
- ☐ 0,25 tsp Salt
- ☐ Black pepper, freshly ground
- ☐ 100 gr Spinach, fresh
- ☐ 1 red Bell Pepper, diced & roasted
- ☐ 2 Spring Onions, cleaned & chopped

ASSESSEMENT

PROCESS good / fair / bad
TASTE good / fair / bad

CREW OPINION

very happy / happy / unhappy

EDUCATION

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Directions

Bits of Egg

I enjoy making a batch of these egg muffins on the weekend for on-the-go breakfasts and snacks throughout the week because they keep nicely in the refrigerator for a few days.

Grease a non-stick muffin pan with oil & preheat the oven to 175° C. Add the eggs, cottage cheese, salt, and a few pinches of pepper to a blender.

Blend until smooth.

Put the spinach (thoroughly washed and spin dried) in a steamer basket and place it over a pot that has one inch of water in it. Simmer the water, cover, and steam the spinach for one minute, or until it wilts. Squeeze out the extra water after transferring to a strainer. Chop roughly.

Add the peppers and scallions to a medium bowl containing the spinach. Measure out 60 gr of the mixed vegetables after tossing to blend. Put aside.

Distribute the leftover vegetables equally among the muffin cups. Cover the vegetables in each well with a thin 60 gr of the egg mixture. Any leftover egg mixture should be divided equally among the wells. Evenly distribute the 60 ml of vegetables that were set aside on top.

The eggs should be set after 18 to 22 min of baking. Before taking it out of the pan, let it cool for five min.

Notes:

Resulting in 12 egg bites / muffins.

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https://www.loveandlemons.com/egg-bites-recipe/

- CRAFTSMANSHIP -
Egg salad sandwich ✓



Courses: Egg dishes
Collections: English recipes
Source: OCTOPUS OCEAN - Germany

Ingredients

- ☐ 12 Eggs, fresh
- ☐ 120 gr Mayonnaise
- ☐ 6 tsp Mustard
- ☐ 2 tsp Lemon juice, fresh
- ☐ 0,5 tsp Salt
- ☐ Black pepper, freshly ground
- ☐ 120 gr Red Onion
  finely diced
- ☐ 2 tbsp Chives, fresh
  thinly sliced
- ☐ 2 tbsp Dill, fresh,
  thinly sliced
- ☐ 2 tsp capers, optional

ASSESSEMENT

PROCESS good / fair / bad
TASTE good / fair / bad

CREW OPINION

very happy / happy / unhappy

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Directions

1.

This recipe calls for hard boiling the eggs.

Peel & chop the boiled eggs..

2.

In a medium bowl, whisk together the mayonnaise, mustard, lemon juice, salt, and several grinds of pepper.

3.

Mix in the onions, then fold in the eggs, chives, dill, and capers, if using.

4.

Cover and chill in the refrigerator for 20 min.

Stir, then season to taste & serve.

NOTE

Store it in the refrigerator.

If left at room temperature for two hours or longer, it may become bad.

Season to taste after chilling. I often find that this salad needs an extra pinch of salt or squeeze of lemon after it's been in the fridge.

After this salad has been refrigerated, it needs an additional touch of salt or squeeze of lemon. After chilling, don't be afraid to sample yours and adjust the seasonings as necessary! Don't hesitate to taste yours after chilling & pep up the flavours as needed!

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- CRAFTSMANSHIP -
Frittata ✓



Courses: Egg dishes
Collections: Spanish recipes
Source: OCTOPUS OCEAN - Germany

Ingredients

- ☐ 12 Eggs, fresh
- ☐ 0,5 cup Milk
- ☐ 4 Garlic cloves, minced
- ☐ 0,5 tsp Salt,
  plus more for sprinkling
- ☐ Black pepper, ground
- ☐ 2 tbsp Oil
- ☐ 12 Scallions, chopped
- ☐ 650 gr Broccoli, chopped
- ☐ 0,25 tsp Paprika, smoked
- ☐ 125 gr Feta cheese, crumbeld

ASSESSEMENT

PROCESS good / fair / bad
TASTE good / fair / bad

CREW OPINION

very happy / happy / unhappy

EDUCATION

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Directions

How to Prepare Frittata

It only takes a few minutes to prepare.

Just adjust it to use the vegetables you have on hand or that are in season.

Use leftovers for breakfast the following day!

Set the oven temperature to 200° C.

Mix the eggs, milk, garlic, salt, and a few pinches of pepper in a big bowl.

Put aside.

In a 30 cm cast-iron skillet, heat the oil over medium heat.

Add the broccoli, scallions, and a dash of salt and pepper.

Cook, turning periodically, for 5 to 8 min., or until the broccoli is soft but still brilliant green.

Add the egg mixture, stir in the smoked paprika, and gently shake the pan to distribute.

After adding the feta, bake the eggs for 15 to 20 min., or until they are set.

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- CRAFTSMANSHIP -
Healthy oat pancake ✓



Courses: Egg dishes
Collections: USA recipes
Source: OCTOPUS OCEAN - Germany

Ingredients

- ☐ 3 ⅓ tbsp Oil
- ☐ 300 gr Greek yogurt
- ☐ 200 ml Milk
- ☐ 300 gr Oats, rolled
- ☐ 3 ⅓ Eggs, large & fresh
- ☐ 5 tbsp Maple syrup
- ☐ 1 ⅔ tsp Vanilla sugar
- ☐ ⅚ tsp Cinnamon, powder
- ☐ 1 ⅔ tbsp baking powder
- ☐ ⅚ tsp Salt
- ☐ For serving:
  Maple syrup, butter, or any pancake toppings

ASSESSEMENT

PROCESS good / fair / bad
TASTE good / fair / bad

CREW OPINION

very happy / happy / unhappy

EDUCATION

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Directions

Set a rack in the middle of your oven and preheat it to 90° C if you want to keep the pancakes warm in between batches.

In a blender, combine the oil, Greek yogurt, milk, eggs, 75 gr oats, maple syrup, vanilla, cinnamon, baking powder, and salt. Blend until the batter is smooth, pausing as necessary to scrape down the blender's sides. Blend until there are no more oat pieces visible.

Put an end to the blender and add in any desired mix-ins along with the remaining 225 gr oats. Avoid blending once more. While you heat the skillet or griddle and prepare any toppings, let the batter sit for 10 min.

Over medium-low heat, preheat a large non-stick skillet or griddle. If necessary, lightly butter or oil the pan (some non-stick pans don't require this).

After the skillet is heated, pour 60 gr batter into the pan. Allow the pancakes to cook slowly for 3 to 4 min, on the first side, or until tiny bubbles appear on top and the edges appear dry.

Fry for 1-2 min. on the opposite side after gently flipping. On all sides, they ought to seem golden. In between batches, move the pancakes to a baking sheet if preferred & keep them warm in the oven.

Continue with the rest of the batter. Add your preferred toppings and serve hot.

TO STORE:

Refrigerate leftover pancakes in an airtight storage container for up to 4 days.

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https://www.wellplated.com/oatmeal-pancakes/