ROTTEN EGGS?

One of my favorite foods to eat is eggs. Eggs are not just for breakfast anymore, I love to cook eggs, bacon, toast and potatoes for an evening meal.

We use eggs so much in cooking, baking, and even in crafts. Eggs can be cooked so many different ways. I love them fried, scrambled, poached, boiled, in omelets, and in sandwiches.

My opinion is that although Americans consume over 75 billion eggs a year, the lowly egg has gotten a bad rap as a food item. Some doctors will tell you not to eat eggs, because they are full of cholesterol and can cause a heart attack. Then I read another report that said if you ate eggs you would live longer lives.

But, we know that people have been raising chickens for eggs and for meat for a very long time.

In about 7000 BC, people in China and India were keeping chickens and eating the eggs, so they didn’t have to go hunting for wild bird eggs.

Personally, I am scared to death of a chicken or any kind of a fowl. While I have never been up close and personal with one, I have had my own experiences with these egg-laying creatures.

One time, I drove to the country to do an interview. It so happened that they raised chickens and those birds were running around everywhere. The first thing they did was surround my car. Needless to say, I was not about to risk my life and get out of my car.

So, I sat in the driveway and tooted my horn. Pretty soon the owner of the house came out and told me to just “shoo them away.” I did try doing that, but one big old rooster decided he wanted to chase me. I made a fast departure and ran into the house.

The story does not end there, however. When I came back out following the interview and tried to get in my car, there were chickens sitting on the hood, on the ground and all around my car.

I did manage to get in the vehicle and rev the motor thinking it might scare them off. Some of the chickens ran off flapping their wings, but one stood right in front of my car. I wound up backing out of the driveway with that chicken chasing my car.

At the time I was not thinking any good thoughts about chickens, I was thinking about how to get out of the driveway without killing one of them.

If you talk to any senior citizen, they will probably tell you about feeding chickens and gathering eggs. Some will tell you that it was a daily chore that had to be done.

A hen will be eighteen to twenty weeks of age when she begins to lay eggs. Generally, a hen will lay one egg a day.

Someone once asked this question, “Does a hen need a rooster to lay an egg?”

The answer is no. Roosters are necessary, however, for the eggs to hatch chicks. Roosters fertilize the eggs before they are laid. This is sometimes preceded by a mating ritual in which the rooster dances around his intended hen while dragging one wing along the ground around her. This is something I have never seen before.

I always wonder how you can tell if an egg is fresh and how to tell if it is safe to eat. I found out that one way was to submerge the egg in water. If the egg stays on the bottom it is safe to eat and probably fresh.

If the egg floats to the top, it is not safe to eat and is probably old.

How to boil an egg is a another topic of its own, because everyone has a different way of boiling them. Here is a recipe that I have never tried, but thought it was different:

1 tablespoon salt

1/4 cup distilled white vinegar

6 cups water

8 eggs

Directions:

Combine the salt, vinegar, and water in a large pot, and bring to a boil over high heat. Add the eggs one at a time, being careful not to crack them. Reduce the heat to a gentle boil, and cook for 14 minutes.

Once the eggs have cooked, remove them from the hot water, and place into a container of ice water or cold, running water. Cool completely, about 15 minutes. Store in the refrigerator up to one week.

Personally, I have never tried putting vinegar in boiled egg water, but who knows.

Have you ever raised chickens? Did you ever gather eggs? How do you boil an egg? Let me know and I'll give you a Penny for Your Thoughts.