

EGG:

Hen's eggs are the more popular for consummation of the egg of turkey ducks etc also used. The colour of egg cell and egg yolk various but the making process has no different to the food value.

Food value:- Egg produce means that are economical in price and with a minimum of waste and time. Egg contains most nutritional value. Egg protein is completely and easily digestible, it useful for balancing the meal and May also be used as a main course. They are protected food and provided energy and maintained for growth. It contains carbohydrate, protein, mineral, salt, vitamins or water.

Storage of egg:-

1. Egg must be stored in 3 packing blended up tray in cool but not dry place. Refrizarator temperature 0-5c.
2. No strongly smelling food such as cheese, fish, onion don't keep on egg.
3. Hand should be well washed before and after handling the egg.
4. Cracker egg should not be used.
5. Egg dishes should be consumed as soon as possible after preparation.

Soft boil egg: - 7-9 minutes.

Hard boil egg: - 10-15 minutes.

Invalid cookery:- Selected right dishes will be chalked and from the ordering as supplemented with the egg broth, jellies, fruits which are cooked proper for sick or wick person is invalid. Cookery dishes should be made to look very temporary colourful nucleolus inviting to a poor appetite.

MEAT:

Introduction:

The term 'meat' is used refresh to freshmen only all animals or parts of animals used as food for human consummation. Meat from lamb, mutton and wild animal such as beef, veal, visitation. This include with the attach His sue, fat, fresh blood and glandular [Edible organ and gland means include the tongue, kidney, heart, internal part of the brain, Liver and pancreas (breast part of female cow) and walls of stomach (pripe)].

Composition of meat:

Meat is broken down into following component such as-

- (a) Muscle tissue,
- (b) Fat,
- (c) Bones,
- (d) Connective tissue.

(a) **Muscle tissue**:- It is mainly made of water which is to be contained about 75% and it's a very good source of protein to the approximate 15% and it has certain amount of carbohydrate which while cooking with caramelize. Lean meat contained long thin unicellular muscle fiber which joint together to a form of very good texture.

(b) **Fat**: - Fat contained in meat various location and average of 15% of the muscle tissue but extend to about 20% in same location and it is affected of softness. A fat deposit between the muscles or bundles of fiber is called marbling. If marbling is presented of fleshes of meat, the meat is lightly to be tender and better flavour from the food they are given therefor the types of eating habit. Surface fat protected meat from during out while cooking.

(c) **Bones**: - It is the skeleton structure of meat and it is good indication to find out the cuts of meat. Bones of young animals are easily broken, and then older animals and the bones are a good source of making stock and glaze.

(d) **Connected tissue**:- Each muscles fiber is connected or joined to another fiber with the help of fine network of the connected tissue. The size of fiber is extreme small or large and also various in length and thickness and those variation will affect texture of the meat. There are two types of connective tissue-

1. Collagen
2. Elastic.

Collagen	Elastic
1. White colour, yellowish colour.	1. White, yellowish colour.
2. Very fine and thin structure.	2. More thicker then collagen.
3. Comes from young animals.	3. Comes from older animals.
4. Used for main dishes.	4. Stock and soup.
5. Normal cooking.	5. Long time cooker.