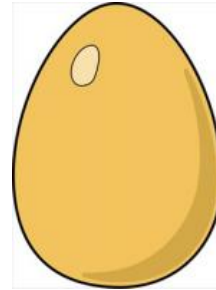
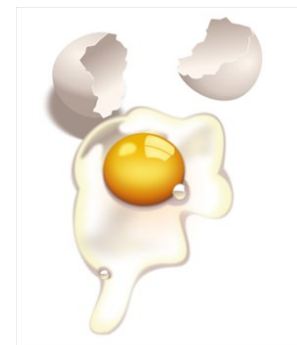


# Eggs!

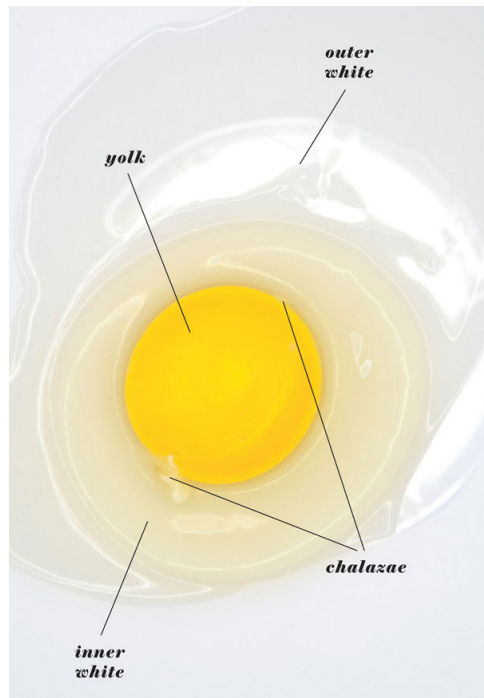
## I. Egg Biology/Chemistry



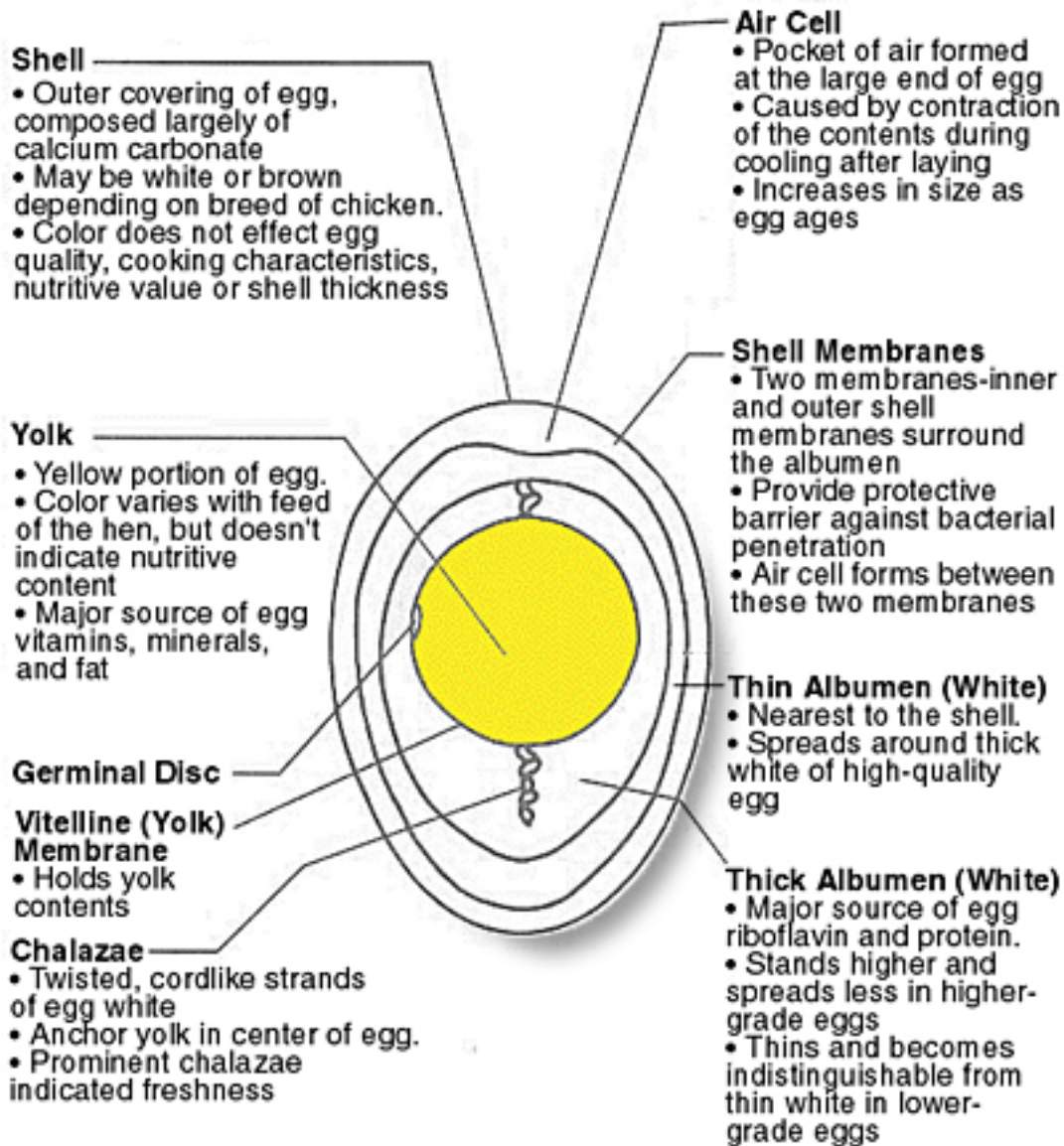
## II. The Yolk



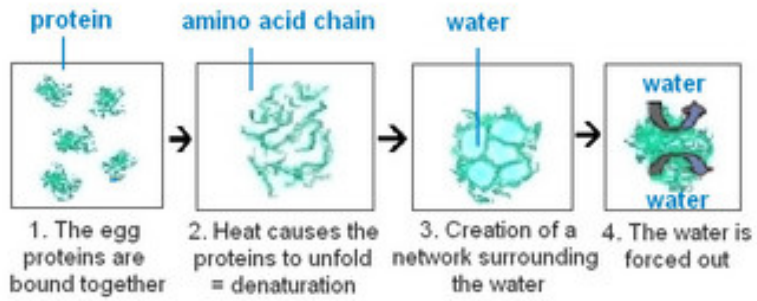
### III. The White



## COMPOSITION OF AN EGG



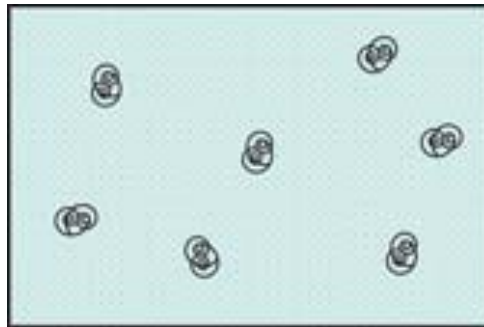
IV. Egg Chemistry  
a. Protein coagulation



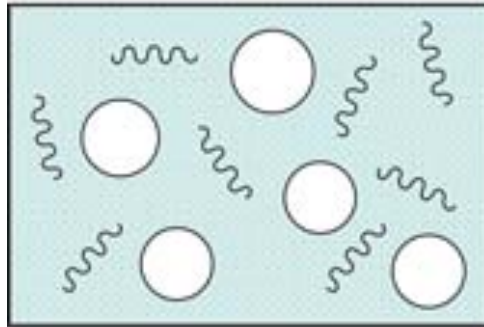
b. Added ingredients

c. Egg flavor

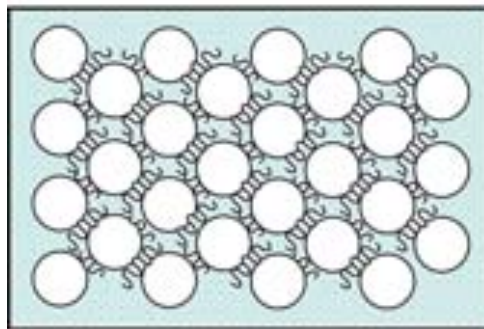
V. Foams



**RAW EGG WHITE:**  
90% water and almost  
10% protein



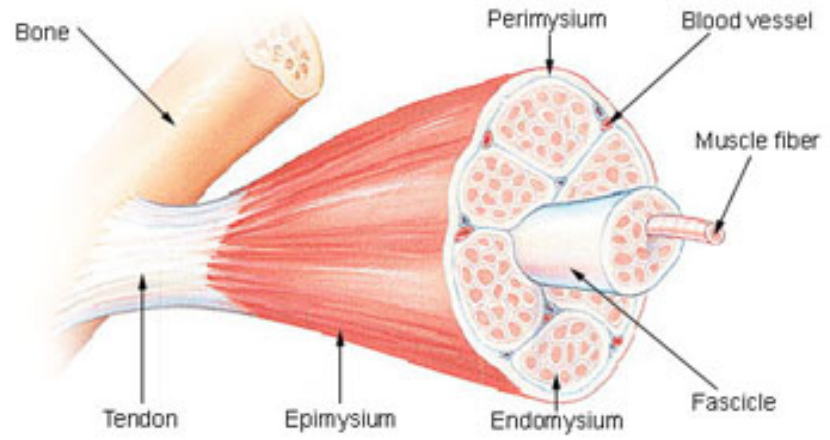
**WHEN WHIPPED A LITTLE:**  
large air bubbles are mixed  
into the egg white and the  
proteins are denatured



**WHEN FOAM IS COMPLETE:**  
denatured proteins are  
oriented around smaller air  
bubbles

# Meat!!

## I. Muscle



II. Structure and Qualities of Meat  
a. Muscle tissue and fibers

| <b>Slow Twitch</b>  | <b>Fast Twitch</b>   |
|---|--|
| Thin motor nerve fibers   | Thick motor nerve fibers   |
| Multiply innervated (en grappe)                                   | Singly innervated (en plaque)                                      |
| Large, poorly delineated muscle fibrils ( <i>Felderstruktur</i> ) | Small, well-delineated muscle fibrils ( <i>Fibrillenstruktur</i> ) |
| No conduction of action potential                                 | Conduction of action potential                                     |
| Slow, sustained contraction (tonic)                               | Fast contraction (phasic)  |
| Predominantly in orbital layer                                    | Predominantly in central (bulbar) layer                            |

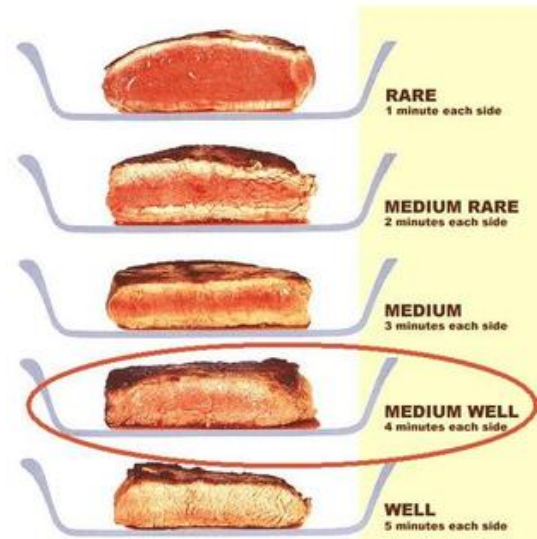
b. Connective tissue

III. Cooking meat with heat  
a. Heat and flavor

b. Heat and color



c. Heat and texture



IV. Cooking meat methods  
a. Modifications

b. Types of cooking