

Basic Egg Substitute

The Tampa Tribune

Makes 1/4 cup (equivalent to 1 whole egg)

Ingredients

- 2 large egg whites
- 1 tsp safflower or corn oil
- 2 drops yellow food coloring (optional)

Instructions

1. Mix ingredients in a blender or shaker jar until frothy.
2. Use in place of 1 whole egg.

Egg Separation Technique

3. ****NOTE:**** Fresh, cold eggs separate most easily. Crack the shell gently on a hard surface.
4. Working over a bowl, gently split the shell in half and pass the yolk from one half to the other until all the white has fallen into the bowl and only the yolk remains.
5. Transfer the yolk to another bowl.

Storage Instructions

6. The recipe can be increased as needed.
7. Refrigerate in an airtight container for four or five days; shake before using.
8. For longer storage, freeze individual portions in ice cube trays; pop out and store in freezer bags for 2-3 weeks. Thaw overnight in the refrigerator.

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