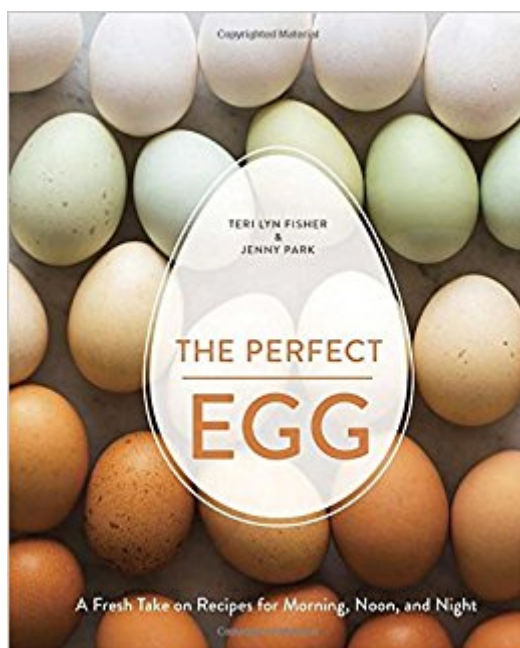


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# The Perfect Egg: A Fresh Take On Recipes For Morning, Noon, And Night



## Synopsis

A cookbook all about eggs, with 70 diverse recipes for meals, snacks, and desserts, from the team behind the beloved food blog *A Spoon Fork Bacon*. Eggs are one of the world's most popular super-star foods: inexpensive, protein-rich, versatile, and easily renewable. Every culture has its own take on eggs for breakfast, lunch, and dinner, and *The Perfect Egg* features a dazzling, delicious variety of globally influenced dishes. From Blackberry Stuffed Croissant French Toast to Hot and Sour Soup, and from Poached Yolk-Stuffed Ravioli to Creamy Lemon Curd Tart, the more than seventy recipes in *The Perfect Egg* offer a fresh, unique, and modern take on the most humble of foods.

## Book Information

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## Customer Reviews

"Few foods are as essential and as versatile as the egg, and this aptly named cookbook makes its point with smart instruction and stylish design." — *Publishers Weekly* "Anyone who is crazy for eggs or merely harbors a fondness for them - will love this book." — *Karen Yencich, Examiner* "With simple styling and easy-to-follow recipes, this cookbook makes cracking the code to the perfect egg as approachable as it is beautiful!" — *Apartment 34*

TERI LYN FISHER is a photographer who shoots mostly food and interiors, and whose work has appeared in various print and online publications. JENNY PARK is a graduate of Le Cordon Bleu, a food stylist, and a recipe writer. Together, Teri and Jenny create recipes, drinks, and pretty

pictures for their blog, Spoon Fork Bacon (spoonforkbacon.com). They live in sunny Los Angeles, California.

I wasn't expecting a whole lot from this book because I thought, "Well, it's just eggs." I was wrong. Definitely not a novelty book, this cookbook will be an absolute STAPLE in my everyday cooking now. I was just diagnosed with Inflammatory Bowel Disease and one of the only nutritious foods I tolerate well is eggs so I was looking to find more ways to eat them. This book does have a small section in the front for the best method of cooking each type of standard egg preparation, as well as a short but key section on egg based sauces/condiments. But the rest of the book is a mix of traditional and ethnic or innovative recipes for eggs. And surprisingly, most of them are things I can eat during an IBD flare up or easily adapted to be so. I haven't actually attempted any of the recipes yet since I just got the book but I will report back if I find any issues relating to execution of the recipes.

I was excited to receive the book, having had it pre-ordered at the urging of my SO. I dove into the book when I received it. The shrimp okonomiyaki pictures reminded me of a trip to Japan. The salade lyonnaise reminded me of so many things topped with a fried or a poached egg that I wanted to try making. I had two dozen eggs in the fridge and a number of ingredients ready to go when the weekend rolled around and I would have time to prepare the foods. The photographs in the book are stunningly beautiful. The creative team has clearly put a lot of effort into the preparation of the food and the making of the photographs in the book. I appreciate the many recipes that include multiple variations like buttermilk pancakes, quiche, frittata, deviled eggs, and others. What I didn't like in the book: -Tiny font in the ingredient lists. More than once I needed to pull the book up close to my face or lean in really close to read the small numbers in the fractions listed in the ingredients. There's lots of white space on the pages, surely some of it could be sacrificed to use a larger font? -Spelling errors. There's a number of them, and they're not simply homophones that would be missed by a spell checker. ("Ingridients", page 119 as an example) -Recipe that just doesn't work as written. The Spaetzle With Swedish Meatballs was what sold my SO on the book. It was the "I gotta have it" factor of the book. I found two serious errors in the recipe. 1: The meatball recipe calls for "Remove the skillet from the heat and stir in the soaked bread with any milk remaining in the bowl. Stir in the beef, turkey, egg, salt, and pepper, mixing gently to combine the ingredients thoroughly without overworking them." If followed literally, you add the pomade, the measured ingredients, the beef, and the turkey to the aromatics that are still in the HOT SKILLET, which would somewhat brown the

meat and lead to bad meatballs. Luckily I figured it out later when the instructions said "Cover the bowl and refrigerate the meatball mixture for at least 30 minutes." The aromatics get added to the pomade in the bowl, not the pomade in the bowl being added to the skillet.<sup>2</sup>: Did the writer actually try to make spaetzle without a spaetzle maker and press the dough through a colander? I don't have any better way to say that this will lead to frustration and tears. I ended up with a layer of dough that cooked itself to the bottom of the colander while I tried to push it through colander with a spatula, then a bench scraper. That did not work. I ended up pitching the dough and boiling a bag of noodles I had on hand. The meatballs and sauce were delicious. The spaetzle was a failure. I'm looking forward to going back to the book in the future for the brioche buns, the egg bhurji, and the avgolemono soup. But that will have to wait for another weekend.

Good info, fun and delicious recipes, but way more Asian influence than advertised. Hard to find and afford the ingredients.

This book is perfect for any egg lover. The recipes are doable, Ranges from slightly time-consuming to not too complicated. Some recipes like the hollandaise sauce will need to be tried over again to perfect. I love this book.

I really wanted to love this book, I have had it on my wish list for what seems like ages. Finally purchased it and am not so excited about it. Most of the recipes are Korean-food influenced, which is fine, but not what I was expecting. I tend to have a difficult time finding ingredients required for most Asian food so I'm sure I'm going to be running into the same problem. Also, the recipes are extremely labor-intensive it seems. I know good food usually takes time, but I don't think any of the recipes I could ever serve for breakfast because I'd have to get up in the middle of the night to start making them. Aside from pancakes and the Dutch Baby and I already make those for breakfast. So, I can't say I'd recommend the book but the food does look delicious and sooner or later I might put it to use.

Bought this for a friend as a thank you gift for giving us eggs from their backyard chickens. I paged through it and I think I'll order another for myself. Her husband told me she sat down and looked through every page the night she got it and absolutely loves it.

Good guide to obscure & interesting new recipes but a bit lacking on basic cooking techniques for

cooking eggs.

I first got it from the library and after renewing it 4 times I decided I just needed to have it. We have chickens and it's been great having so many ideas for the eggs at our finger tips. Excellent book!

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