Continuing Your Egg-ucation

Six new video podcasts on topics ranging from “the role of egg products in gluten-free formulations” to the “safety and handling of egg products” are available on FunctionalEgg.org. These science-based application and educational videos are designed for food industry professionals to gain a better understanding of how egg products can contribute both functionality and nutrition to food product formulations. FREE Research Chefs Association continuing education credits are available to viewers who successfully answer quiz questions at the end of each 8 to 10 minute video segment. “In total there are now a dozen podcasts available to food industry professionals,” says Elisa Maloberti, director of egg product marketing at the American Egg Board. In addition to the aforementioned two podcast topics, the other four new videos focus on how egg products: extend the... (Continued inside cover)

Clean-Label Formulating

The concept of “clean label” continues to reign as a priority for food formulators. However, because this unregulated descriptor remains largely undefined by industry and consumers, there is a great deal of variation in interpretation, use and promotion. What’s important for food industry professionals to remember is that clean label is an approach, not the actual verbiage that appears on product labels and supporting marketing materials. For the most part, the clean-label approach to formulating refers to eliminating chemical-sounding ingredients or any ingredient recognized as being artificial, such as certain colors, flavors and sweeteners. The concepts of wholesome and simple complement this interpretation of clean-label formulating. While both organic and natural are seen as complementary attributes by consumers, and suggestive of clean labeling, their meaning continues to become more and more diluted... (Continued inside)
Egg products, which are processed and convenient forms of eggs for commercial, foodservice and home use, continue to grow in popularity with food formulators. Egg products provide many desirable functional attributes and come in many varieties and forms, which is why product developers find the American Egg Board’s Egg Product Buyers’ Guide to be a valuable resource.

The guide was recently updated to provide the latest and most accurate listing of U.S. egg product suppliers and the products they manufacture. The publication is designed to help product formulators to identify and locate the type of egg product(s) required. A new addition to the guide is a section containing nutrient values and typical specifications for egg products. This Buyers’ Guide is designed for food manufacturers, bakeries, foodservice operators and exporters to easily obtain the product and company information to meet their purchasing requirements. The Buyers’ Guide is available for free download at AEB’s website at AEB.org/food-manufacturers/egg-product-buyers-guide. To order a complimentary printed version, e-mail aeb@aeb.org.

Continuing Your Egg-ucation
(Continued from front page)

shares results from research conducted at Kansas State University. Scientists here have been experimenting on bread, the grain-based food that is the least forgiving when gluten is removed. They have discovered that the high-quality, complete proteins in egg products, which have the ability to form a foam that entraps air, can be used with gluten-free flours, and together, simulate the wheat flour experience.

“There’s a great deal that formulators can learn about egg products in these 12 podcasts,” says Maloberti. “This Continuing Education opportunity provides the food formulating industry with useful information on the role of egg products in the development of high-quality foods. With 20-plus functionalities, egg product ingredients should be considered by all formulators.”
over time, according to the Hartman Group Inc., Bellevue, Wash. Consumers are continually redefining quality, according to the market research firm. Within this redefinition, clean has both symbolic associations (fresh, safe, local, healthy, etc.) and objective associations (less processed, no chemicals, nothing artificial, etc.). The emphasis is on providing consumers transparent and clear information, empowering them to express their consumption preferences.

A few years ago, Häagen-Dazs became one of the first brands to take the simple approach to achieving a clean-label. The Häagen-Dazs Five pint ice cream line focuses on the simplicity and goodness of five ingredients – milk, cream, sugar, eggs and one flavoring ingredient.

More recently, T. Marzetti Co., Columbus, Ohio, debuted Simply Dressed & Light refrigerated salad dressings. The line includes four creamy-style light dressings (blue cheese, Caesar, celery seed slaw and ranch), all of which are made with a minimal number of all-natural, simple ingredients, such as extra virgin olive oil, canola oil and salted egg yolks.

Kozy Shack, Hicksville, N.Y., is adding real chocolate to its top-selling rice pudding for a modern edge on this classic treat. This indulgent refrigerated dessert is described as being made with wholesome ingredients and nothing artificial. Whole eggs are an important part of the formulation, as they provide nutrition, richness and functionality.

As clean-labeling strategies continue to evolve, food manufacturers must accept that consumers have limited knowledge and that they will encounter barriers – perceived or real – towards certain ingredients. However, with that said, egg products are food ingredients that consumers know and typically recognize as very positive, making egg products important ingredients in the clean-label movement.

Clean-Label Formulating

(Continued from front page)

Available in dried, refrigerated liquid or frozen, high-whip egg whites whip into a food foam faster and more consistently than regular egg white. Liquid and frozen high-whip whites typically contain sodium lauryl sulfate to enhance foaming. Dried high-whip whites are produced by holding the egg white solids at high temperatures for an extended period of time.

For more information about other value-added specialty egg products, including an in-depth explanation of the science behind their physical transformation, please consider viewing the FunctionalEgg.org video titled: Fine-Tuning Performance: When Value-Added Specialty Egg Products Are the Right Choice.

Product developers can turn to value-added specialty egg product ingredients when consistent and efficient functionality is required in food formulations. Through the use of physical processing, the chemistry of these ingredients has been fine-tuned by egg processors to provide improved performance. Egg product manufacturers can enzymatically treat the egg yolk’s inherent all-natural emulsifier lecithin. This changes its chemistry to a form with increased solubility, improved emulsification and enhanced heat stability. Because this enzymatic treatment is not considered a processing aid, enzyme modified egg yolk does require declaration on the ingredient panel.

Available in dried, refrigerated liquid or frozen, enzyme modified egg yolk is extremely useful in applications that rely on egg yolks for emulsification, such as mayonnaise, salad dressings and sauces. When the foam is a critical characteristic of the finished product, as in the case of angel food cake or meringue, formulators should consider using high-whip egg whites.

Egg Ingredient Spotlight: Value-Added Specialty Egg Products

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Kugel Co. Frozen Kugel Appetizer
The Kugel Co., Los Angeles, makes its marketplace debut with a namesake product: Kugel. This authentic egg noodle dish contains cream cheese custard made with whole eggs, which emulsify and add richness to the heat-and-eat, pre-baked frozen kugel that can serve as a side, main course, dessert or just a snack. Kugel comes in two varieties: Original Sweet (cinnamon and vanilla) and Original Savory (caramelized onion and roasted garlic).

Kozy Shack Bread Pudding Line
Consumers shopping the refrigerated dairy case will be delighted to spot a new dessert reminiscent of grandma’s kitchen: bread pudding. Hicksville, N.Y.-based Kozy Shack has introduced three varieties of this classic dessert — Apple Cinnamon, Cinnamon Raisin and Peach. Sold in packs of four, each snack-size cup (3.5 ounces) contains 150 to 160 calories, depending on variety, allowing one to feel good about indulging in this dessert based on egg custard, bread pieces and fruit sauce.

Bertolli Frozen Meal Soups
Unilever, Englewood Cliffs, N.J., is stirring things up in the freezer aisle with the debut of Bertolli Premium Meal Soups for Two, a line of hearty, fresh-tasting meal soups reminiscent of flavors coming from kitchens of notable Italian chefs. The Roasted Chicken and Tuscan-Style Beef varieties both include enriched egg noodles. The cheese-filled tortellini in Tomato Florentine includes whole eggs in the cheese filling and egg whites in the pasta. The egg white proteins assist with maintaining pasta integrity during freezing and heating.

I-HOP at Home Breakfast Entrees
The national breakfast chain International House of Pancakes (IHOP) makes it easy for customers to enjoy its signature breakfast entrees at home or the office. Three new frozen product lines — French Toast Stuffed Pastries, Griddle ‘n Sausage Wraps and Omelet Crispers — either contain scrambled eggs or rely on egg products in the grain-based component, supporting the important role of high-quality egg proteins in the first meal of the day.

Aunt Jemima Frozen Oatmeal Pancakes
Aunt Jemima, a brand of Pinnacle Foods Group LLC, Mountain Lakes, N.J., adds Oatmeal Pancakes to its frozen breakfast line. Made with rolled oats, oat bran and oat flour mixed into a whole egg-based batter, a three-flap jack serving delivers 4 grams of fiber and 8 grams of protein.

Wells Blue Bunny Chef Duff Premium Ice Cream
When Food Network Celebrity Baker Duff Goldman teamed up with Wells Enterprises Inc., Le Mars, Iowa, to develop a line of signature ice creams, Duff made sure every component in the frozen dessert was premium quality. The cake or brownie pieces are all made with egg products and some of the ice cream bases rely on egg yolks for extra richness.

Bolthouse Farms Yogurt Salad Dressings
Wm. Bolthouse Farms Inc., Bakersfield, Calif., uses yogurt as a base in its new line of low-fat refrigerated salad dressings. Some varieties, such as Salsa Ranch, include egg yolks, as the lecithin in the yolks functions as an emulsifier, ensuring a smooth and creamy salad condiment.
Solutions to Commonly Asked Questions

Q We are trying to create a frozen, high-protein vegetable side dish. What benefit is there in using egg products in such a product?

A Lacto-ovo-vegetarians, do not eat any animal flesh but will eat products that come from animals, such as eggs and dairy foods. These people often rely on eggs and dairy as sources of high-quality protein. Eggs, and foods formulated with egg products, are especially important, as eggs contain all nine essential amino acids and are considered a high-quality complete protein. In fact, whole egg protein has a biological value of 93.7 on a 100-point scale, with the essential amino acid composition of egg protein similar to the human body’s requirement, allowing the body to use the protein more efficiently to maintain muscle tone and strength as the body ages. In addition to contributing protein to a vegetable side dish, egg products can also function as ingredient and moisture binders. They assist with holding all of the components together and at the same time keep the product moist and fresh-like.

Q A number of our retail customers are requesting innovative packaged, gourmet salad options for the self-service deli. Can mayo successfully be used in products that must look attractive in clear packaged containers and have a shelf life of a few weeks?

A Mayonnaise is a very stable emulsion of oil, egg yolk and either vinegar or lemon juice. Its texture and viscosity varies based on this unique combination of ingredients and the processing and packaging it experiences. Unlike other cream-style condiments, a highly viscous mayo will not separate, or weep in a deli-style salad. The emulsion maintains its consistency, which results in a visually appealing and very delicious deli salad, even a few weeks into its shelf life.

Q The local school district wants us to provide premade, high-protein breakfast entrees that they simply heat and serve. Can egg products be used in fresh, perishable products?

A You bet they can. All types of foodservice vendors now offer such high-protein, heat-and-serve, hand-held breakfast foods. For example, this past winter, 7-Eleven stores debuted the Maple Pancake Sausage Roller, which is a maple-flavored pancake wrapped around a pork sausage link served hot off the roller grill. The whole eggs used in the pancake not only ensure quality and product integrity, they also contribute nutrition.
Here’s your new edition of

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Learn More About Egg Products at IFT in Las Vegas

Thousands of food scientists, suppliers, marketers and others from around the world will gather in Las Vegas this June 25 to 28 at the IFT 12 Annual Meeting + Food Expo. As the largest annual food science forum and exposition in the world, attendees and exhibitors have the opportunity to exchange thoughts, ideas and recent innovations. Plan to stop by the American Egg Board booth 1114. Experts will be on hand to answer your egg product formulating questions.

Inside this issue...

- Continuing Your Egg-ucation
- Clean-Label Formulating
- AEB Update: Egg Product Buyers’ Guide
- Egg Ingredient Spotlight: Value-Added Specialty Egg Products
- Solutions to Commonly Asked Questions
- Egg Product Innovations