

Planta.vc &
Sandra Mian
apresentam:

O ovo de
Colombo



**Uma história
cultural dos ovos ...**

**... ciência e
muito mais!**



Ovos e Imagem

comida para pensar

Imagem e Ovos

No princípio havia o ovo, que os seres primordiais botaram. E um dia o ovo rachou. E dele surgiu o mundo como nós conhecemos: Terra abaixo e Céus acima e as Águas no meio.

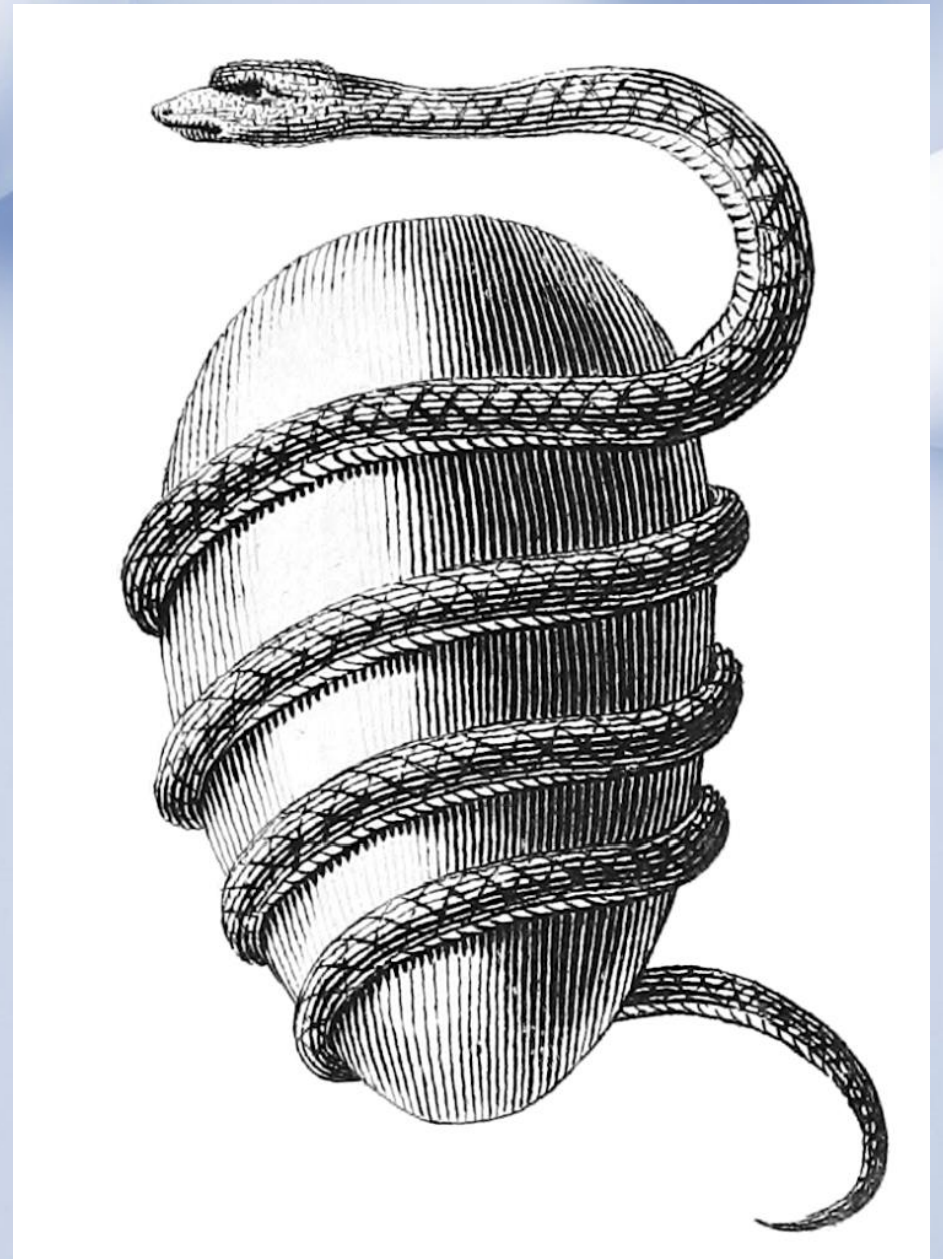
A partir de dois princípios distintos – Yin e Yang, luz e sombra, clara e gema – o mundo se formou. Como um ovo, a vida é cheia de oposições e contrastes, tudo isso é necessário para que a vida exista.



O Ovo Órfico

James Basire, 1730–1802 (gravador)

Do livro *A new system, or, An analysis of ancient mythology*. (vol II plate IV)
de Jacob Bryant, 1715–1804



MICHAELIS MAJERI,
Imperial. Consistor. Comit. Med. D. Eq. Ex. &c.
Secretioris Naturæ Secretorum
SCRUTINIUM
CHYMICUM,

Per
OCULIS ET INTELLECTUI
accuratè accommodata, figuris cupro appositissimè
incisa, ingeniosissima

EMBLEMATA,
Hisque confines, & ad rem egregiè facientes sententias,

Doctissimaque item
EPIGRAMMATA,
ILLUSTRATUM.

Opusculum ingeniis altioribus, & ad majora natis, ob
momenta in eo subtilia, augusta, sancta, rara, & alioqui nimium
quantum abstrusa, quàm maximè expetitur,
desideratum;

*Operata vice amplissimæ Republicæ Chymicæ Bono & Emolumento,
non sine singulari jucunditate legendum, meditandum in-
telligendum, dijudicandum,*
DEPROMTUM.

FRANCOFURTI,
Impensis GEORGII HEINRICI OEHRLINGII, Bibliopolz.
Typo JOHANNIS PHILIPPI ANDRÆ.
M, DC, LXXXVII.

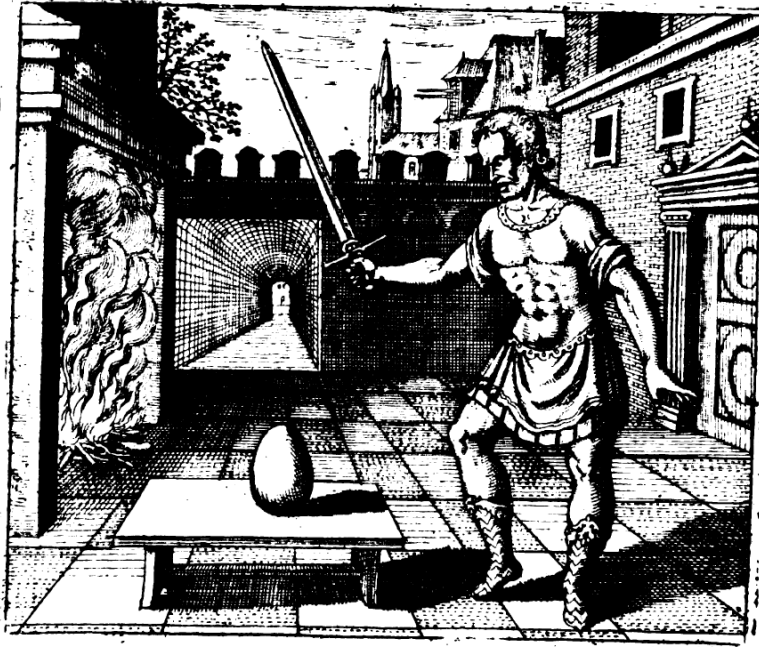
EMBLEMA II. *De secretis Naturæ.*
Nutrix ejus terra est.



EPIGRAMMA II.

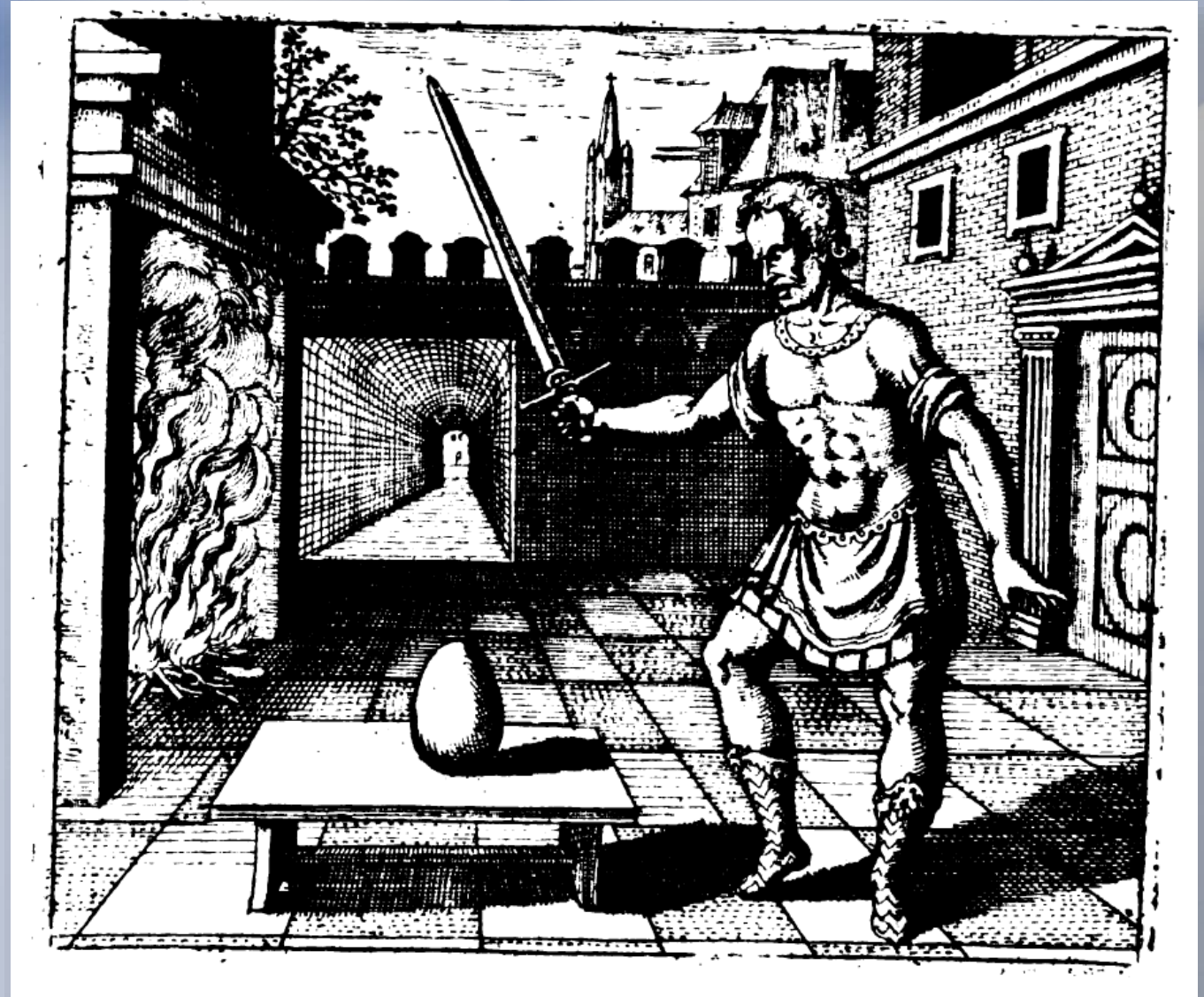
Michaël Maier, *Scrutinium chymicum*
(Frankfurt, 1687)

EMBLEMA VIII *De secretis Naturae.*
Accipe ovum & igneo percute gladio.



EPIGRAMMA VIII

Est avis in mundo sublimior omnibus, Ovum
 Cujus ut inquiras, cura fit una tibi.
 Albumen luteum circumdat molle vitellum,
 Ignito (ceu mos) cautus id ense petas:
 Vulcano Mars addat opem : pullaster & inde
 Exortus, ferri victor & ignis erit.



Pierre de Ronsard: Je vous donne des oeufs

Recueil : "Sonnets à diverses personnes » (c. 1560)

Je vous donne des œufs. L'oeuf en sa forme ronde
Semble au Ciel, qui peut tout en ses bras enfermer,
Le feu, l'air et la terre, et l'humeur de la mer,
Et sans estre comprins comprend tout en ce monde.

La taye semble à l'air, et la glère féconde
Semble à la mer qui fait toutes choses germer :
L'aubin ressemble au feu qui peut tout animer,
La coque en pesanteur comme la terre abonde,

Et le ciel et les oeufs de blancheur sont couvers.
Je vous donne (en donnant un oeuf) tout l'Univers :
Divin est le présent, s'il vous est agréable.

Mais bien qu'il soit parfait, il ne peut égaler
Vostre perfection qui n'a point de semblable,
Dont les Dieux seulement sont dignes de parler.



Pierre de Ronsard: Eu te dou ovos

Da coletânea : "Sonetos para pessoas diversas"



Eu te dou ovos. O ovo na sua forma redonda
Se parece com o Céu, que pode tudo abarcar com seus braços
O fogo, o ar e a terra, e o espírito do mar,
E sem ser contido, tudo contem.



A membrana a é como o ar, e a clara produtiva
É como o mar que faz tudo germinar germinar
A gema é como o fogo, que a tudo pode animar
A casca é como a Terra, pesada.



E o céu e os ovos de brancura são cobertos.
Eu dou para você (em dando a você um ovo) todo o Universo:
Divino é o presente, se ele te agrada.



Mas, mesmo que um ovo seja perfeito, ele não pode ser
comparado
À tua perfeição, porque não há nada semelhante.
E portanto só os Deuses são dignos de menção.



Accipe ovum & igneo percute gladio.



EPIGRAMMA VIII

Est avis in mundo sublimior omnibus, Ovum
Cujus ut inquiras, cura sit una tibi.
Albumen luteum circumdat molle vitellum,
Ignito (cen mos) cantus id ense petas:
Vulcano Mars addat opem: pullaster & inde
Exortus, ferri victor & ignis erit.

Michael Muler, *Scrutinium chymicum* (Frankfurt 1687)

The Philosopher's Egg

An Egg at Easter
A Folklore Study

Venetia Newall
M.A., F.R.G.S., F.R.S.A.

Foreword by
Robert Wildhaber

*Je vous donne des œufs. L'œuf en sa forme ronde
Semble au Ciel, qui peut tout en ses bras enfermer,
Le feu, l'air et la terre, et l'humour de la mer
Et sans être compris comprend tout en ce monde.*
Ronsard: La Période



Routledge & Kegan Paul

LONDON, BOSTON,
MELBOURNE AND HENLEY





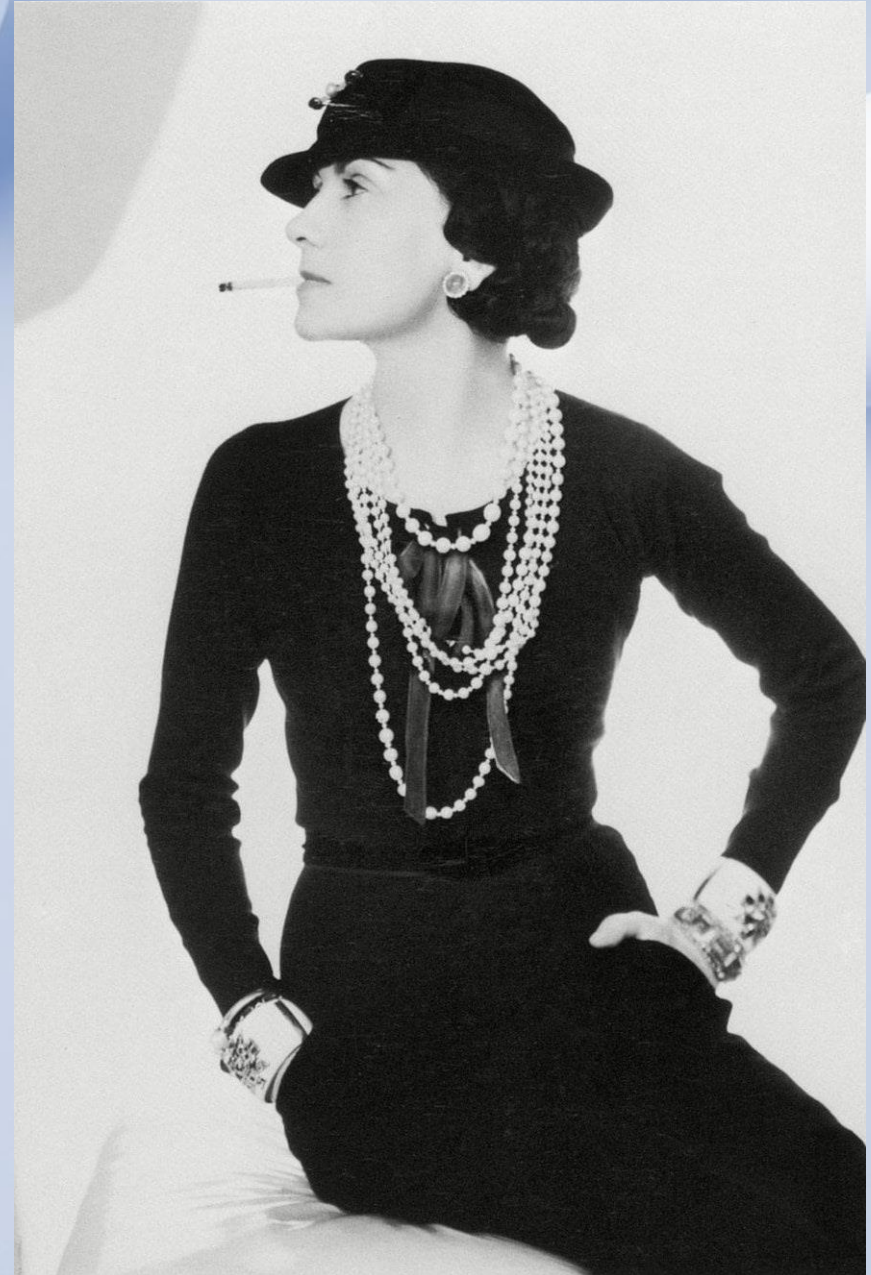


**Vocês viram meu gatinho
Coco no Jardim do
Trocadero?**





Gabrielle “Coco” Chanel



**Quem veio
primeiro?**





Um grupo de ovos de dinossauro (hadrosauro) fossilizados, encontrado na China, postos no período Jurássico (cerca de 150 milhões de anos atrás), mais ou menos ao mesmo tempo em que as aves-dinossauros apareciam.

**Ovo de mil
anos, China.**





Os crocodilos e jacarés modernos são os próximos parentes vivos das aves. Novos fósseis e modernas técnicas de pesquisas nos oferecem insights sobre se os ovos das primeiras aves eram lisos e brancos como os dos répteis ou com formas e cores mais diversas, como os das aves atuais.







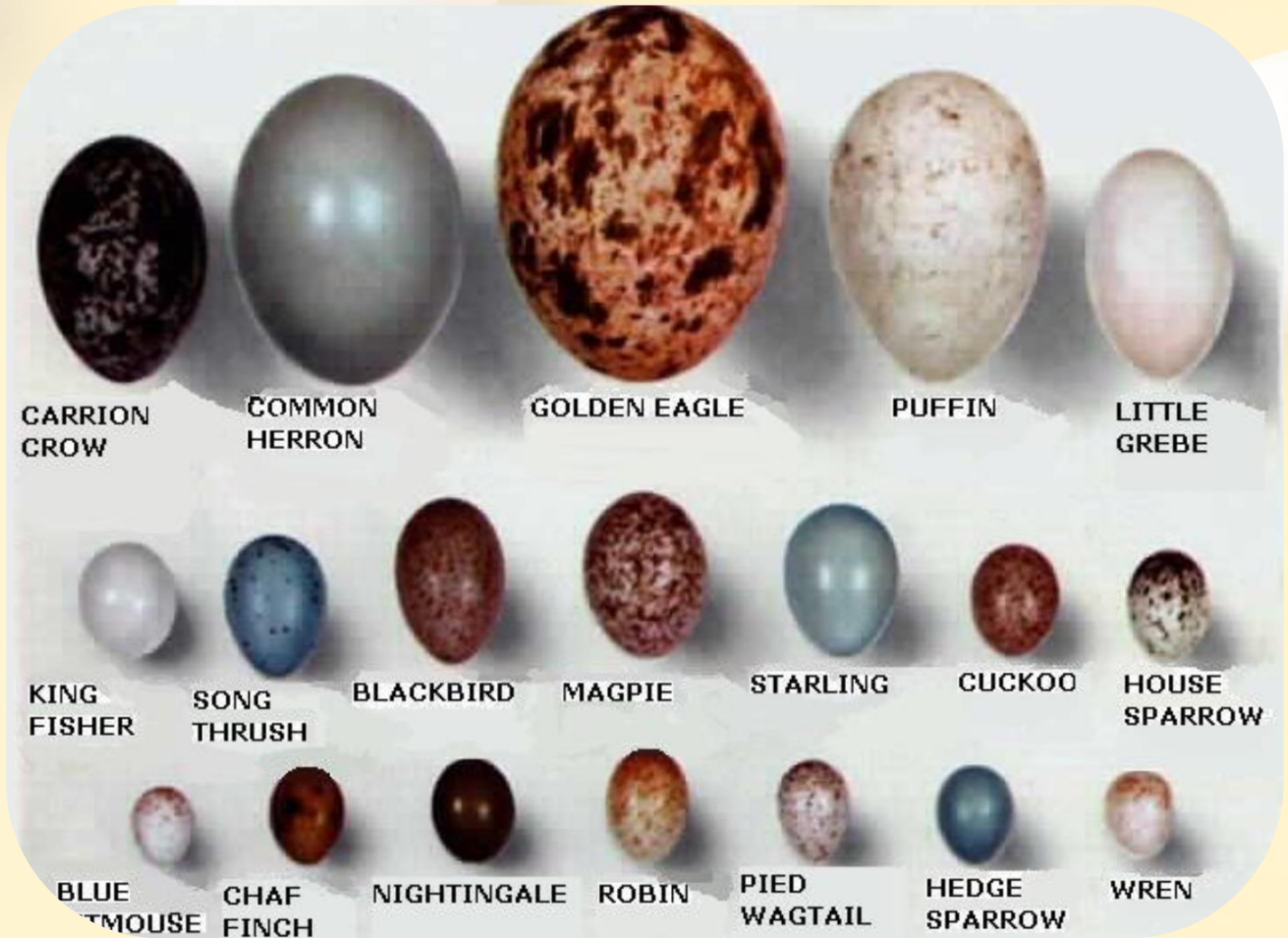
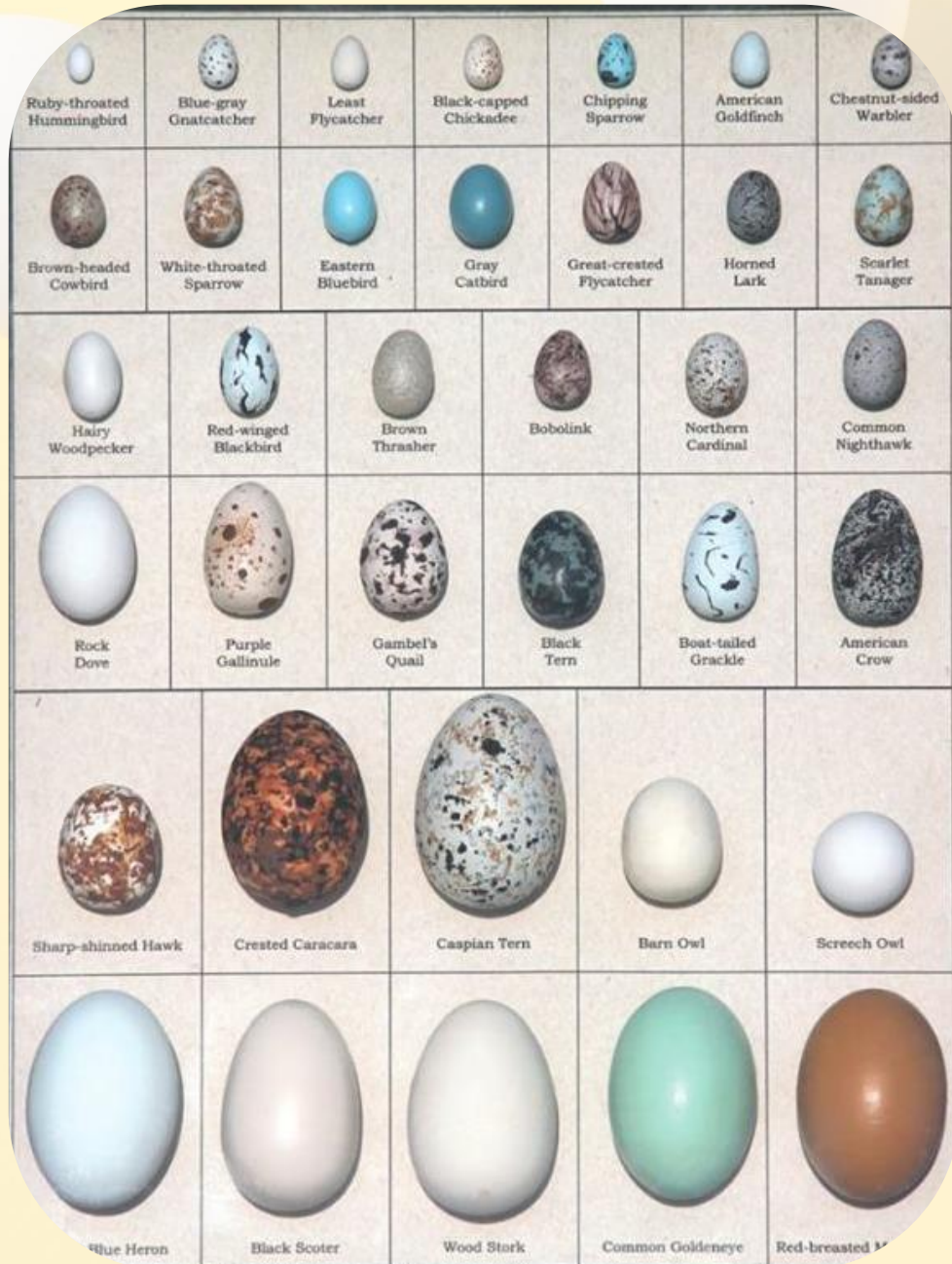
BOTTARGA

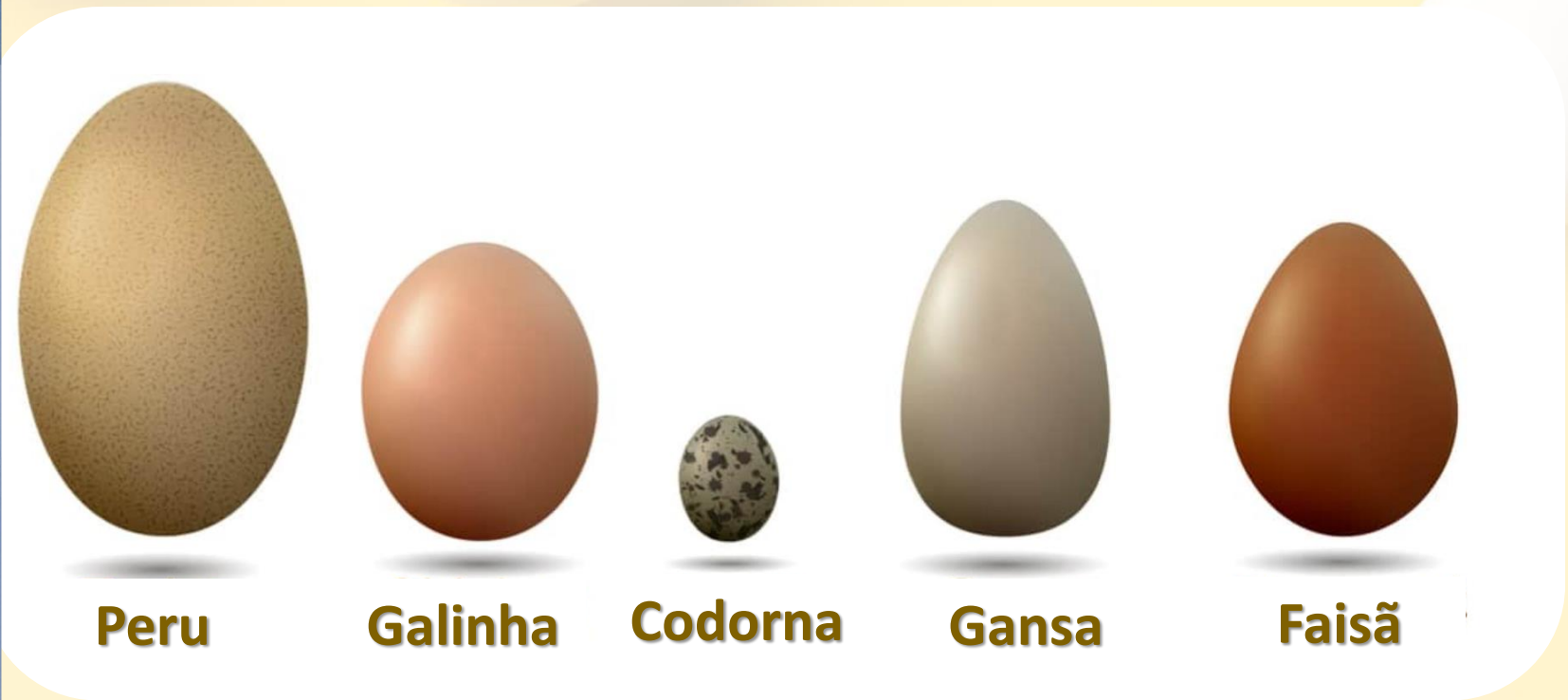
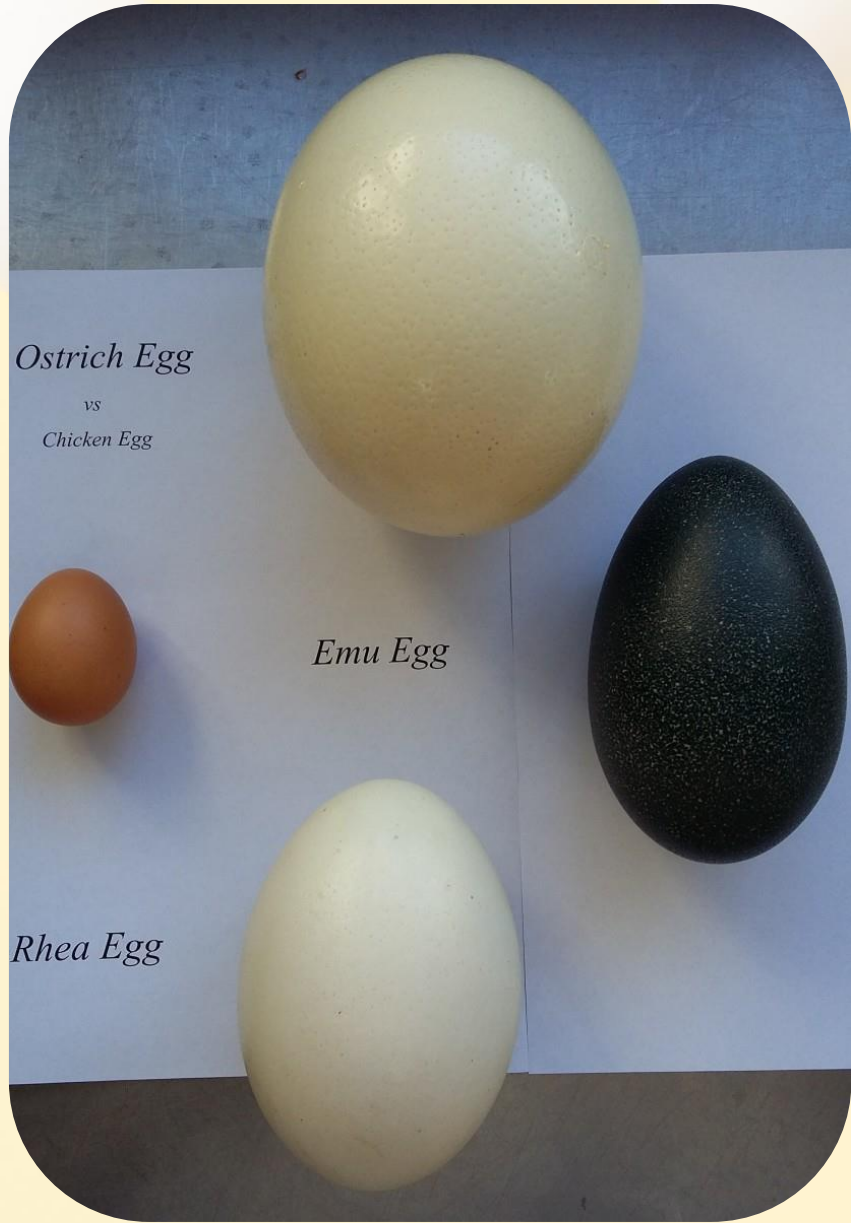
OVAS DE SALMÃO



CAVIAR VERDADEIRO = OVAS DE ESTURJÃO



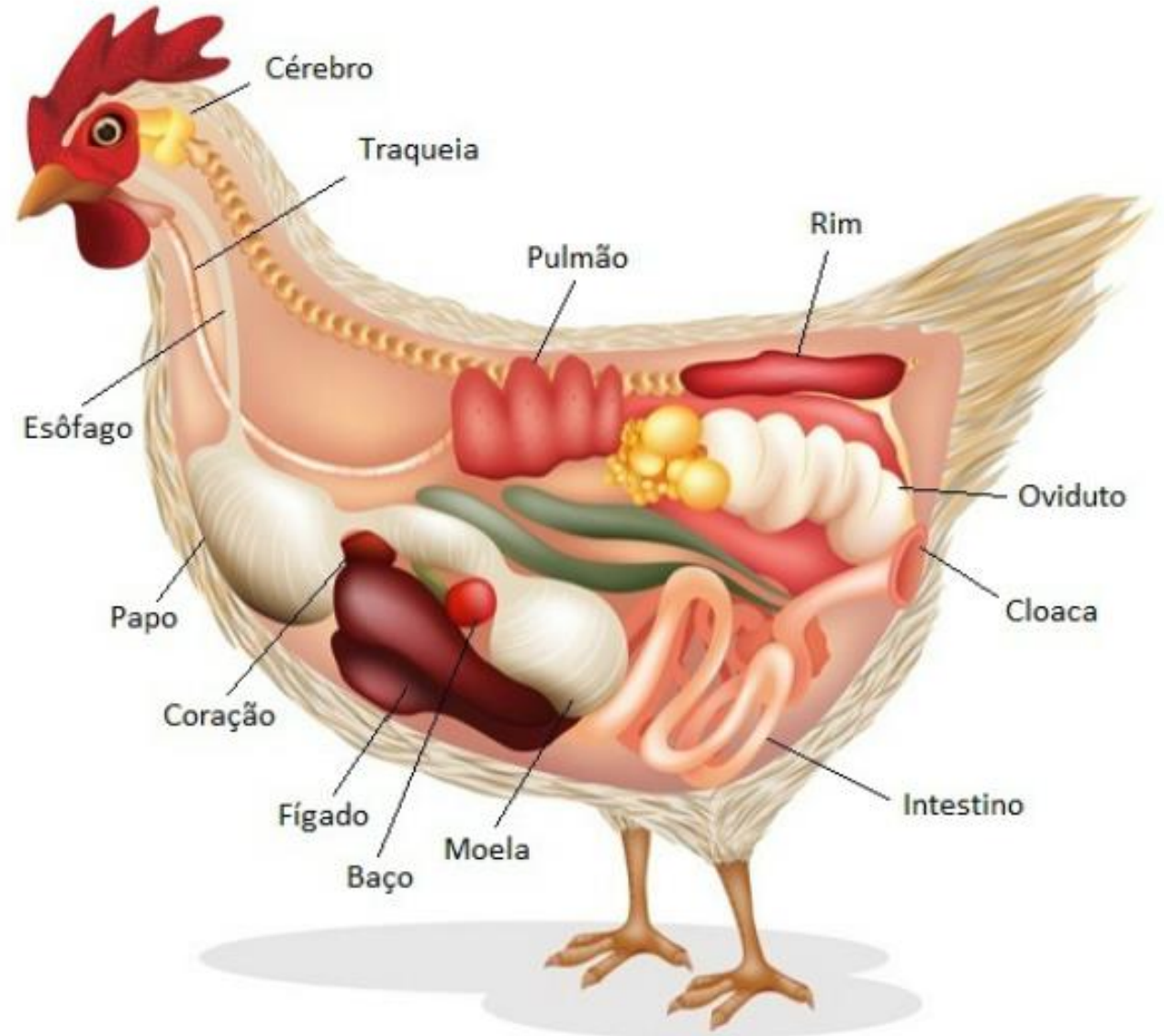
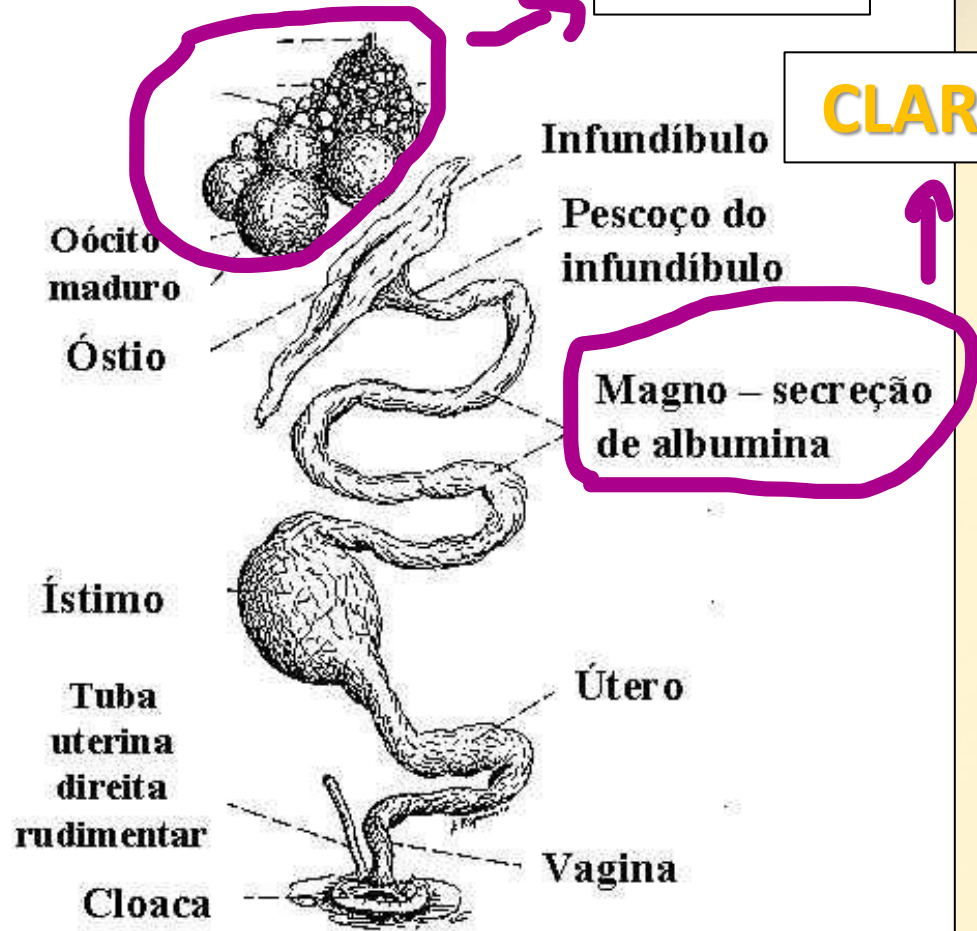






GEMA

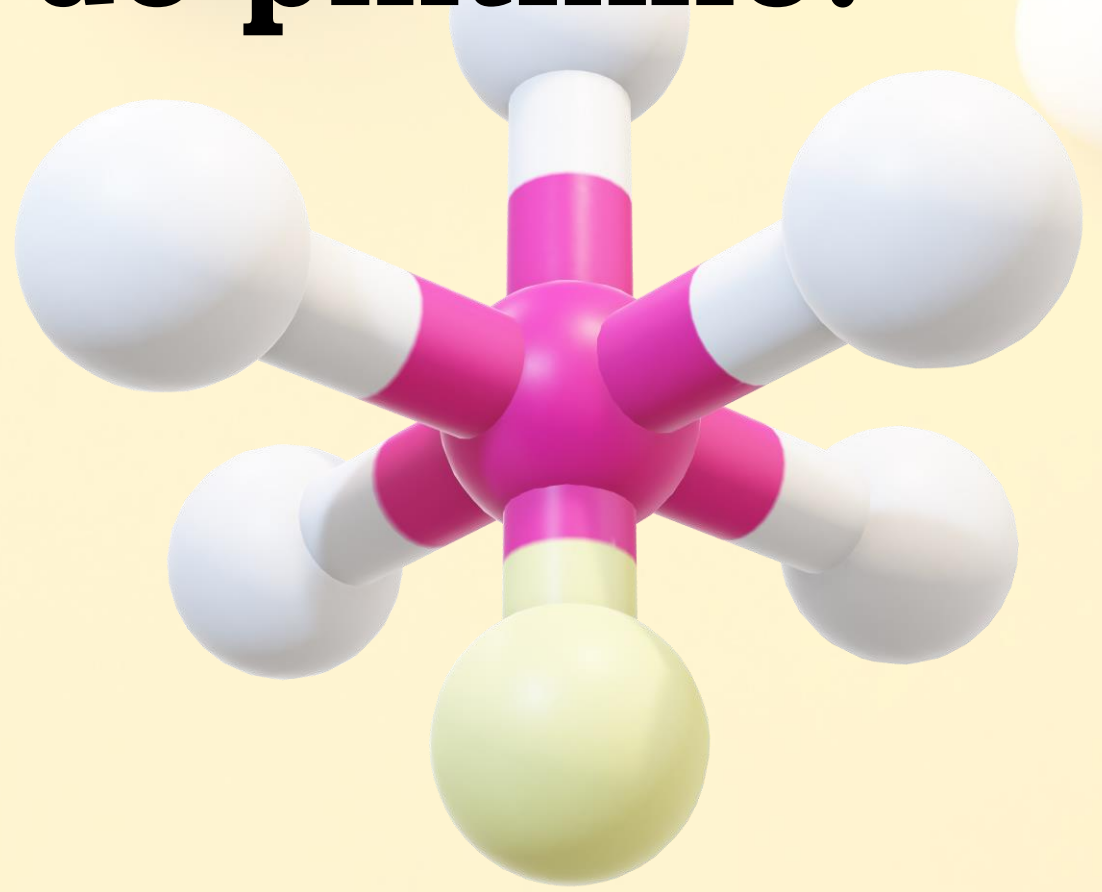
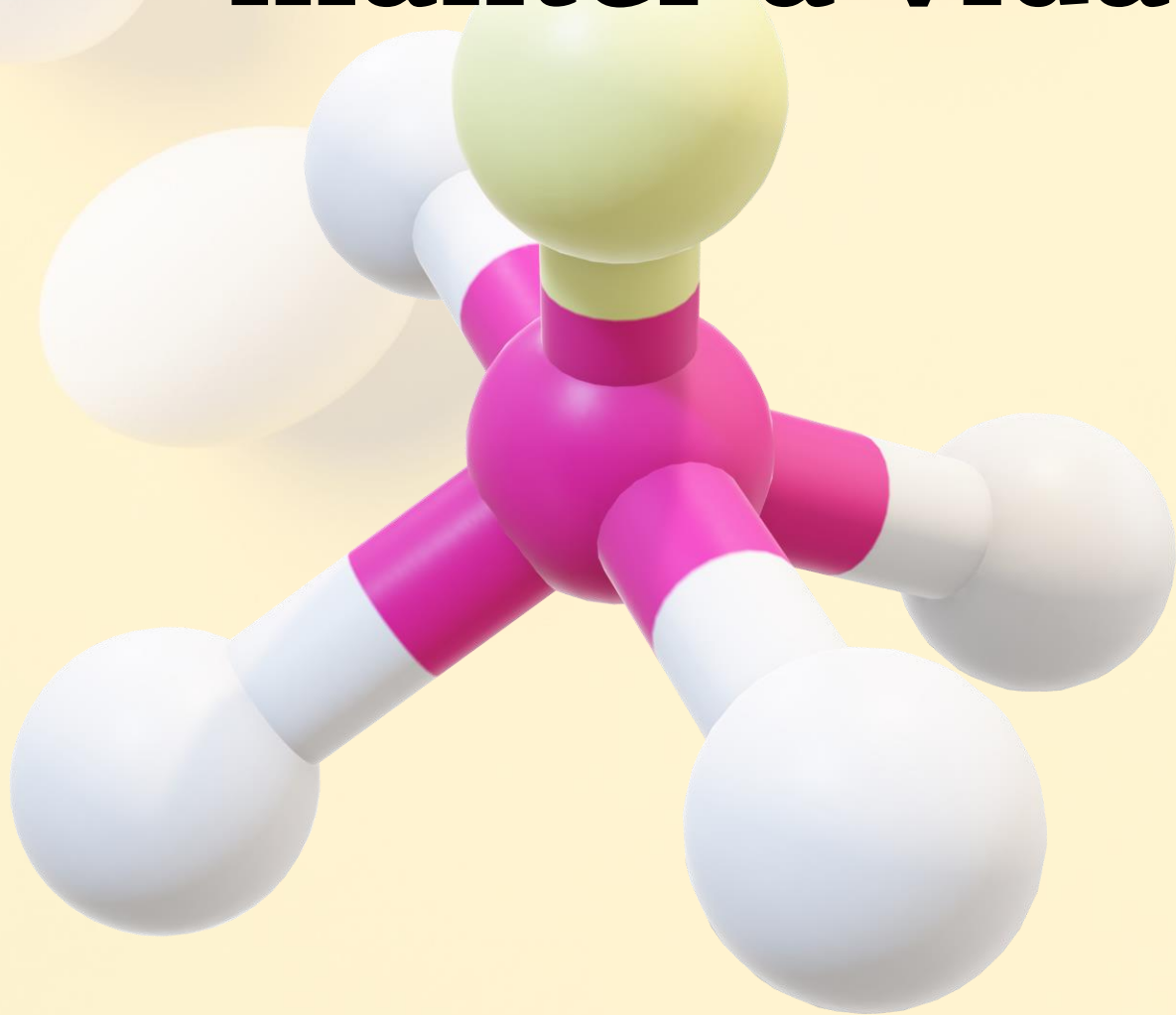
CLARA



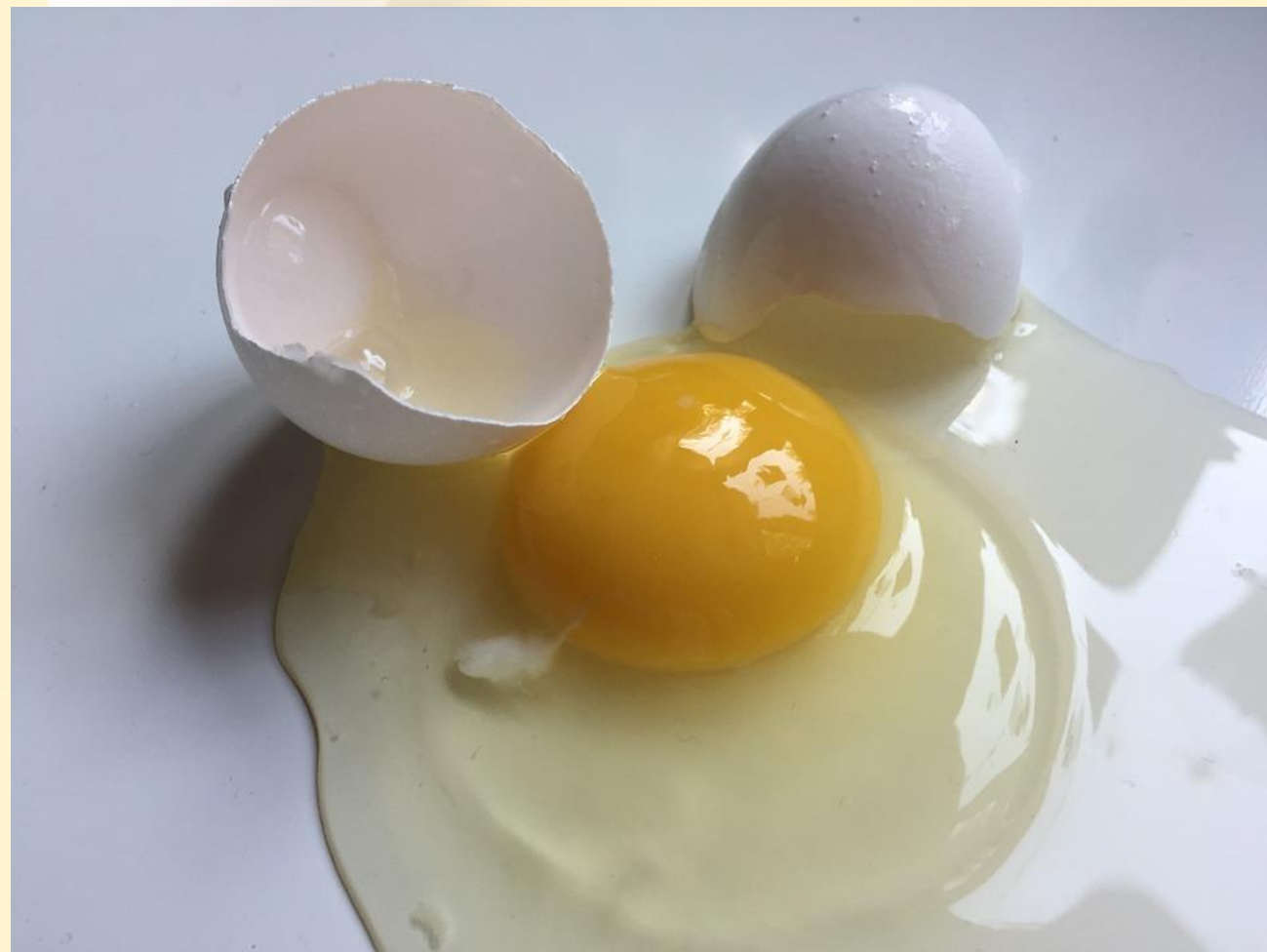
**Por que os
ovos são tão
perfeitos ?**

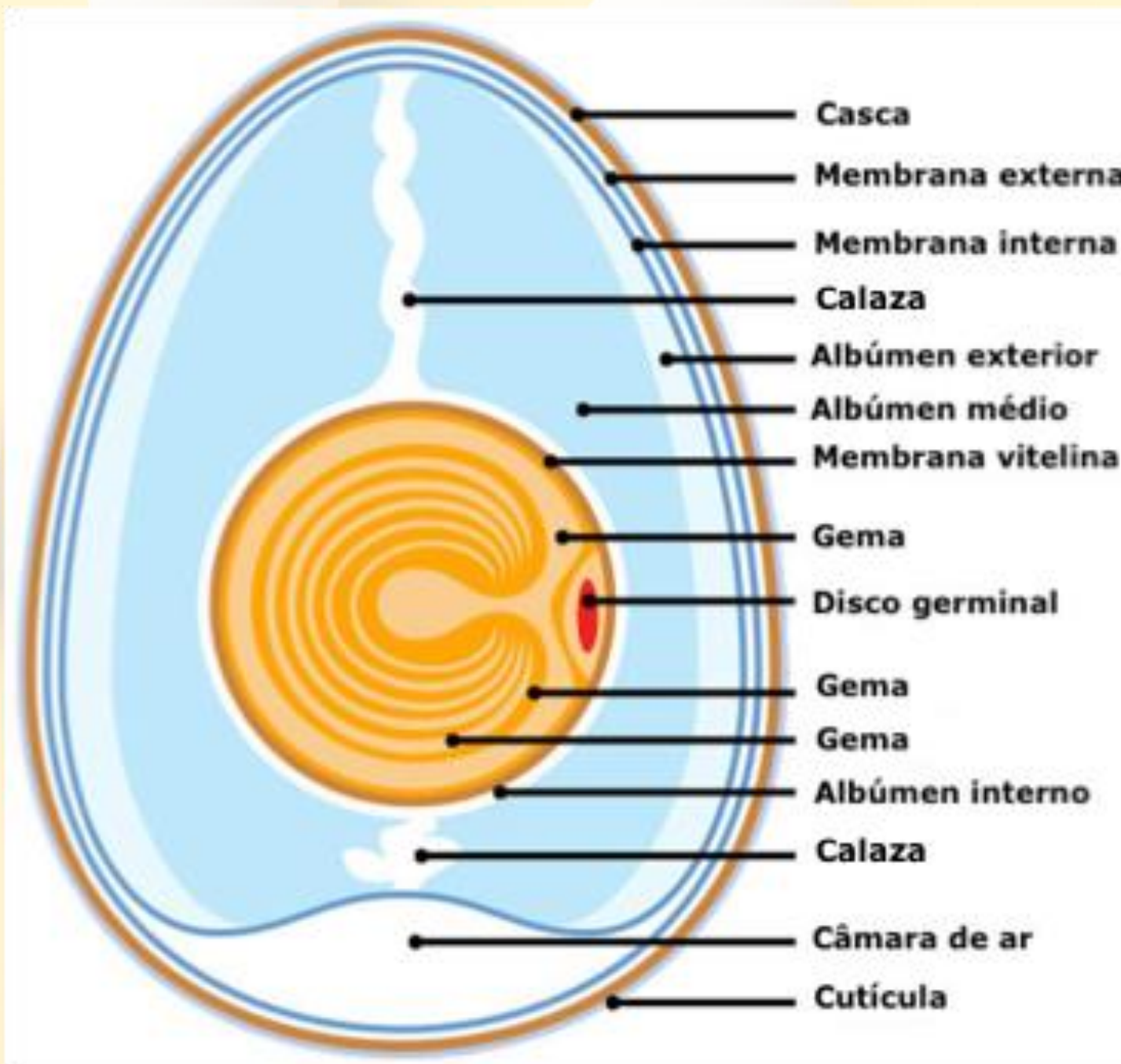


**Química e bioquímica para
manter a vida do pintinho!**









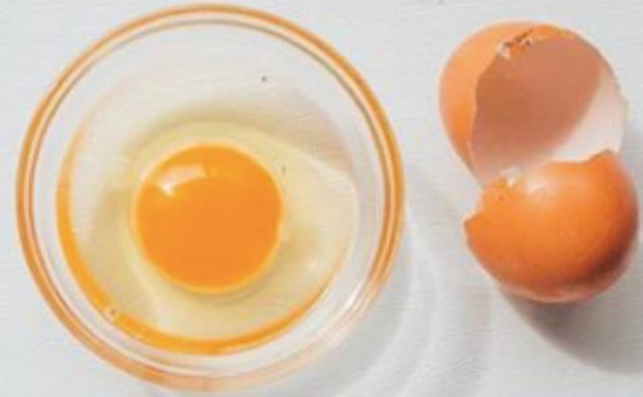
CAGED EGG

vs.

PASTURE RAISED EGG



- fed unnatural diet
- higher omega-6 to -3 ratio
- lower in fat soluble vitamins



- natural diet and environment
- more nutritious
- more vitamin A, E, D & omega-3s



All Cage Free
All Fresh
but NOT
the same

grain-fed
light yolk
no distinct flavor

Chicken ate
mix grain & grass

Orange yolk
very good flavor

True Forager
Eats on grass
insects only

Dark Orange yolk
very good flavor

TABLE 7.2. Values for nutrient composition of eggs expressed on shell (per egg), liquid/frozen (per 100g), and dried (per 100g) bases.

Nutrients and units	Shell (per egg) ^a			Liquid/frozen (per 100 g)				Dehydrated (per 100g)		
	Whole	White	Yolk	Whole ^b	White ^b	Yolk		Plain whole ^e	Stab. white ^f	Plain yolk ^g
						Pure ^c	Commercial ^d			
Proximate										
Solids, g	13.47	4.6	8.81	24.5	12.1	51.8	44.0	96.8	93.6	97.2
Calories	184	19	64	152	50	377	313	600	388	692
Protein (NX6.25),g	6.60	3.88	2.74	12.0	10.2	16.1	14.9	47.4	79.1	32.9
Total lipids, g	6.00	—	5.80	10.9	—	34.1	27.5	43.1	—	60.8
Ash, g	0.55	.26	0.29	1.00	0.68	1.69	1.49	4.0	5.3	3.3
Lipids										
Fatty acids, g										
Saturated, total	2.01	—	1.95	3.67	—	11.42	9.16	14.51	—	20.35
8:0	0.027	—	0.027	0.05	—	0.16	0.13	0.20	—	0.29
10:0	0.082	—	0.080	0.15	—	0.47	0.38	0.59	—	0.84
12:0	0.027	—	0.026	0.05	—	0.15	0.12	0.20	—	0.27
14:0	0.022	—	0.022	0.04	—	0.12	0.09	0.16	—	0.20
16:0	1.37	—	1.31	2.5	—	7.7	6.2	9.84	—	13.8
18:0	0.462	—	0.459	0.84	—	2.70	2.14	3.36	—	4.73
20:0	0.022	—	0.022	0.04	—	0.12	0.10	0.16	—	0.22
Monounsaturated, total	2.53	—	2.50	4.50	—	14.57	11.80	18.18	—	25.64
14:1	0.005	—	0.005	0.01	—	0.03	0.03	0.04	—	0.07
16:1	0.214	—	0.211	0.39	—	1.24	0.97	1.54	—	2.14
18:1	2.31	—	2.28	4.2	—	13.4	10.8	16.6	—	23.43
Polyunsaturated, total	0.73	—	0.72	1.32	—	4.20	3.37	5.22	—	7.45
18:2	0.660	—	0.650	1.20	—	3.82	3.07	4.74	—	6.79
18:3	0.011	—	0.014	0.02	—	0.08	0.06	0.08	—	0.13
20:4	0.055	—	0.051	0.10	—	0.30	0.24	0.40	—	0.53
Cholesterol, g	0.213	—	0.213	0.425	—	1.28	1.23	1.90	—	2.72
Lecithin, g	1.27	—	1.22	2.32	—	7.20	5.81	9.16	—	12.84
Cephalin, g	0.253	—	0.241	0.46	—	1.42	1.15	1.82	—	2.54

Nutrients and units	Shell (per egg) ^a			Liquid/frozen (per 100 g)				Dehydrated (per 100g)		
	Whole	White	Yolk	Whole ^b	White ^b	Yolk		Plain whole ^e	Stab. white ^f	Plain yolk ^g
						Pure ^c	Commercial ^d			
Vitamins										
A, IU	264	—	260	480	—	1527	1240	1896	—	2740
D, IU	27	—	27	50	—	161	129	198	—	285
E, mg	0.88	—	0.87	1.6	—	5.1	4.1	6.7	—	9.1
B ₁₂ , µg	0.48	—	0.48	0.88	—	2.83	2.27	3.5	—	5.0
Biotin, µg	11.0	2.58	8.35	20.0	6.8	49.1	40.8	79	53	90
Choline, mg	237	0.46	238	430	1.2	1400	1130	1699	9	2497
Folic acid, mg	0.023	0.006	0.026	0.060	0.016	0.154	0.128	0.24	0.12	0.28
Inositol, mg	5.94	1.52	4.35	10.8	4.0	25.6	21.4	43	31	47
Niacin, mg	0.045	0.035	0.010	0.082	0.092	0.061	0.067	0.32	0.71	0.15
Pantothenic acid, mg	0.83	0.09	0.73	1.52	0.24	4.3	3.5	6.0	1.9	7.7
Pyridoxine, mg	0.065	0.008	0.057	0.119	0.021	0.334	0.273	0.47	0.16	0.60
Riboflavin, mg	0.18	0.11	0.07	0.33	0.28	0.44	0.41	1.30	2.2	0.91
Thiamine, mg	0.05	0.004	0.048	0.09	0.011	0.28	0.22	0.36	0.09	0.49
Minerals, mg										
Calcium	29.2	3.8	25.2	53	10	148	121	209	78	267
Chlorine	96.0	66.1	29.9	175	174	176	176	691	1349	389
Copper	0.033	0.009	0.024	0.061	0.023	0.145	0.121	0.24	0.16	0.27
Iodine	0.026	0.001	0.024	0.047	0.003	0.141	0.114	0.19	0.02	0.25
Iron	1.08	0.053	1.02	1.97	0.14	6.0	4.83	7.8	1.09	10.6
Magnesium	6.33	4.15	2.15	11.5	10.8	12.9	12.5	45	84	27.6
Manganese	0.021	0.002	0.019	0.038	0.007	0.11	0.09	0.15	0.05	0.19
Phosphorus	111	8	102	202	22	599	485	798	171	1072
Potassium	74	57	17	135	150	100	110	533	1163	243
Sodium	71	63	9	129	165	52	74	510	1279	164
Sulfur	90	62	28	164	163	165	165	648	1263	366
Zinc	0.72	0.05	0.66	1.30	0.12	3.89	3.15	5.1	0.93	7.0
Amino Acids, g										
Alanine	0.38	0.24	0.14	0.69	0.64	0.81	0.77	2.73	4.96	1.70
Arginine	0.42	0.23	0.19	0.77	0.60	1.14	1.03	3.04	4.65	2.28
Aspartic Acid	0.65	0.40	0.25	1.18	1.06	1.44	1.37	4.66	8.22	3.03

TABLE 7.2 (continued)

Nutrients and units	Shell (per egg) ^a			Liquid/frozen (per 100 g)				Dehydrated (per 100g)		
	Whole	White	Yolk	Whole ^b	White ^b	Yolk		Plain whole ^e	Stab. white ^f	Plain yolk ^g
						Pure ^c	Commercial ^d			
Cystine	0.15	0.11	0.05	0.28	0.28	0.27	0.27	1.11	2.17	0.60
Glutamic acid	0.85	0.52	0.33	1.54	1.36	1.94	1.83	6.08	10.54	4.04
Glycine	0.22	0.14	0.08	0.40	0.36	0.49	0.47	1.58	2.79	1.04
Histidine	0.16	0.09	0.07	0.29	0.24	0.41	0.38	1.15	1.86	0.84
Isoleucine	0.36	0.21	0.15	0.66	0.56	0.87	0.81	2.61	4.34	1.79
Leucine	0.57	0.33	0.24	1.04	0.88	1.39	1.29	4.11	6.82	2.85
Lysine	0.45	0.25	0.20	0.82	0.66	1.17	1.07	3.24	5.12	2.37
Methionine	0.21	0.15	0.06	0.39	0.39	0.39	0.39	1.54	3.02	0.86
Phenylalanine	0.35	0.23	0.12	0.64	0.61	0.69	0.67	2.53	4.73	1.48
Proline	0.26	0.15	0.11	0.48	0.40	0.65	0.60	1.90	3.10	1.33
Serine	0.50	0.27	0.23	0.91	0.71	1.36	1.24	3.60	5.50	2.74
Threonine	0.32	0.18	0.14	0.59	0.47	0.85	0.78	2.33	3.64	1.72
Tryptophan	0.11	0.07	0.04	0.19	0.17	0.24	0.23	0.75	1.32	0.51
Tyrosine	0.28	0.16	0.12	0.51	0.41	0.73	0.67	2.02	3.18	1.48
Valine	0.43	0.27	0.16	0.79	0.72	0.96	0.91	3.12	5.58	2.01

^a Based on 60.9 g shell egg weight with 55.1 g total liquid whole egg, 38.4 g white, and a 16.7 g yolk; containing 24.1%, 12.1%, and 51.8% solids, resp (see Cotterill and Geiger, 1977).

^b Based on 24.5% and 12.1% solids, respectively, for whole and white liquid.

^c Pure yolk containing 51.8% solids.

^d Commercial yolk contains 44% egg solids, diluted with egg white only.

^e Produced from whole egg containing 24.5% solids as in Footnote b.

^f Produced from a bacteriologically fermented egg white.

^g Produced from yolk containing 44% solids as in Footnote d.

^h Cholesterol values (12.81 mg cholesterol/g yolk) taken from the U.S. Department of Agriculture, Agricultural Handbook NO. 8-1, Composition of Foods, Dairy, and Egg Products, revised 1989, except values for commercial and dehydrated yolk samples.

Source: Cotterill and Glauert (1979).

Protein ranking

Protein type	PER	NPU	BV	Protein Digestibility (PD)	Protein absorption rate	Amino Acid Score (AAS)	PDCAAS	DIAAS	Limiting amino acid	Complete protein?
Cow's milk	2.5	82%	91		3.5 g/h		1.0		None	Yes
Whey	3.2	92%	104		8–10 g/h		1.0	0.973–1.09	Histidine	Yes
Casein	2.5	76%	77	97.6%	6.1 g/h	1.19	1.0	0.93	None	Yes
Egg	3.9	94%	100	97–98%	1.3–2.8 g/h ¹	1.19	1.0		None	Yes
Beef	2.9	73%	80	94–98%		0.94	0.92		Tryptophan	No
Oat				72, 91%		0.63	0.57		Lysine	No
Wheat	0.8	67%	64	96–99%		0.26, 0.44	0.25–0.51	0.45	Lysine	No
Maize	1.23			85%, 89%			0.67		Lysine	No
Rice	2.2						0.42	0.37	Lysine	No
Quinoa		75.7%	82.6	91.7%			0.667		None	Yes
Soy	2.2	61%	74	95–98%	3.9 g/h		0.91–1.0	0.90–0.91	Meth+Cyst	Yes
Black bean							0.75	0.53-0.65	Meth+Cyst	No
Pea				88%	2.4–3.4 g/h		0.89	0.82	Meth+Cyst	Yes
Peanut	1.8			94			0.52		Lysine	No
Hemp			87	94.9%		0.64	0.61		Lysine	No
Mycoprotein				86%			0.996		Meth+Cyst	No
Spirulina	1.8-2.6	53–92%	68	83–90%					Lysine	Yes
Chlorella									Meth+Cyst	No

Protein efficiency ratio (**PER**) is based on the weight gain of a test subject divided by its intake of a particular food protein during the test period.

The net protein utilization, or **NPU**, is the ratio of amino acid mass converted to proteins to the mass of amino acids supplied.

Biological value (**BV**) is a measure of the proportion of absorbed protein from a food which becomes incorporated into the proteins of the organism's body.

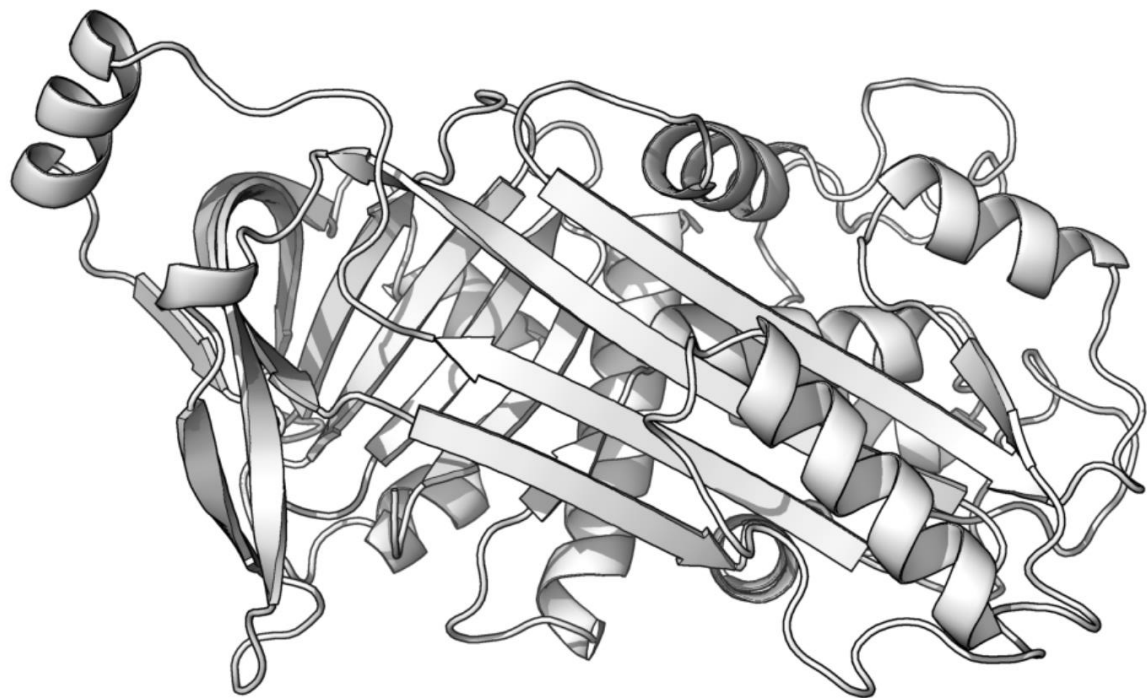
Protein digestibility-corrected amino acid score (**PDCAAS**) is a method of evaluating the quality of a protein based on both the amino acid requirements of humans and their ability to digest it.

DIAAS determines amino acid digestibility, at the end of the small intestine, providing a more accurate measure of the amounts of amino acids absorbed by the body and the protein's contribution to human amino acid and nitrogen requirements.

TIPOS DE PROTEINA NA CLARA DE OVO

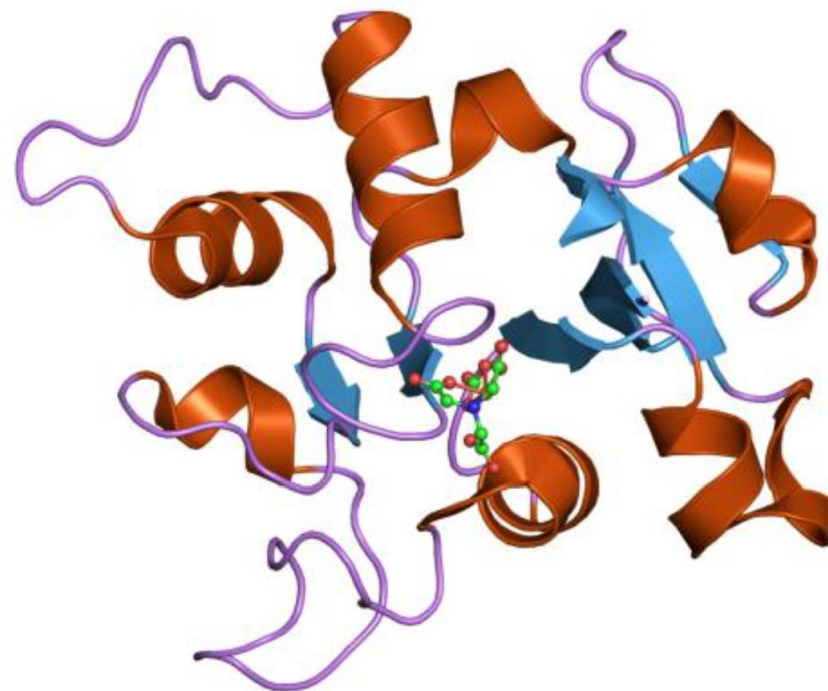
O valor do pH pode ser tão baixo quanto 7.6 no momento da postura, mas a alcalinidade aumenta com o envelhecimento do ovo e pode atingir um pH de 9.2

Proteína	Porcentagem
Ovalbumina	54%
Ovotransferrina	12%
Ovomucoide	11%
Ovoglobulina G2	4%
Ovoglobulina G3	4%
Ovomucina	3.5%
Lisozima	3.4%
Ovoinibidora	1.5%
Ovoglicoproteína	1%
Flavoproteína	0.8%
Ovomacroglobulina	0.5%
Avidina	0.05%
Cistatina	0.05%



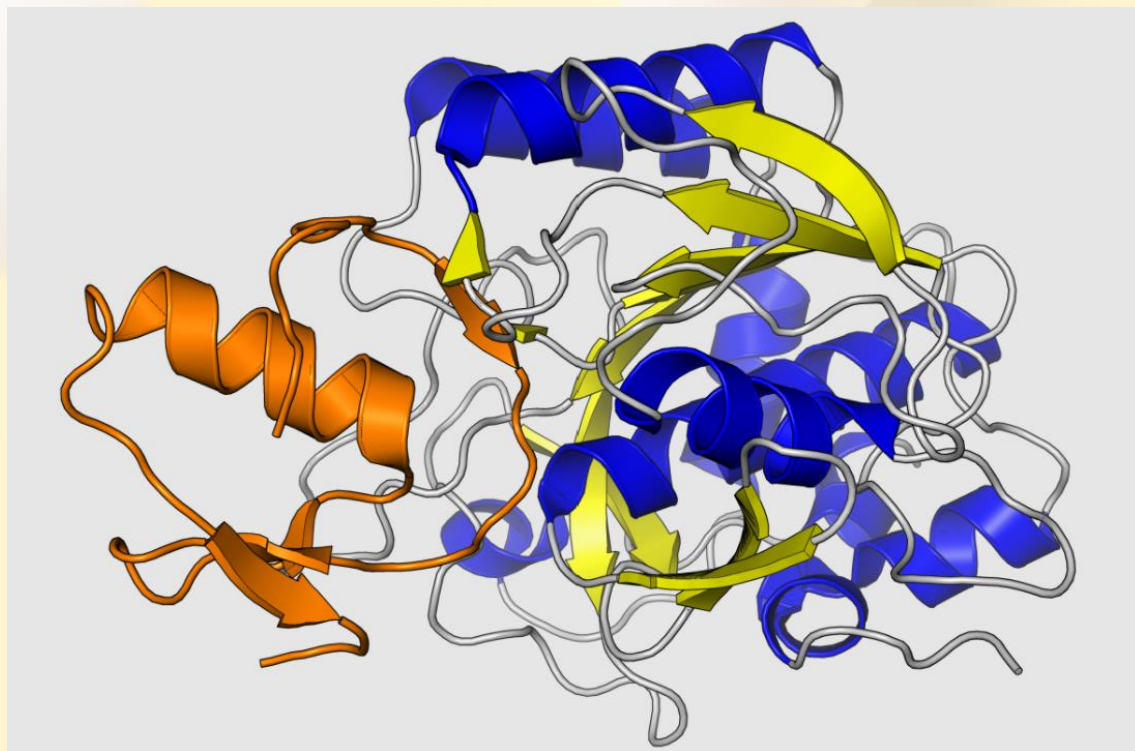
Ovoalbumina

ALERGÊNICA



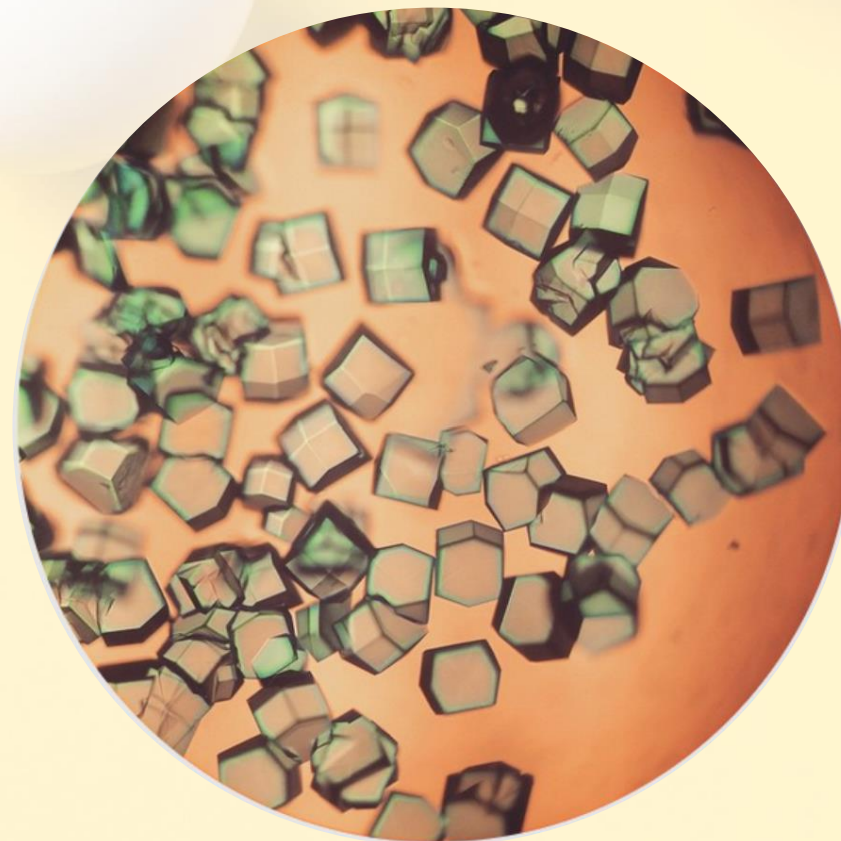
Ovotransferrina
(proteção ao choque térmico)

ALERGÊNICA



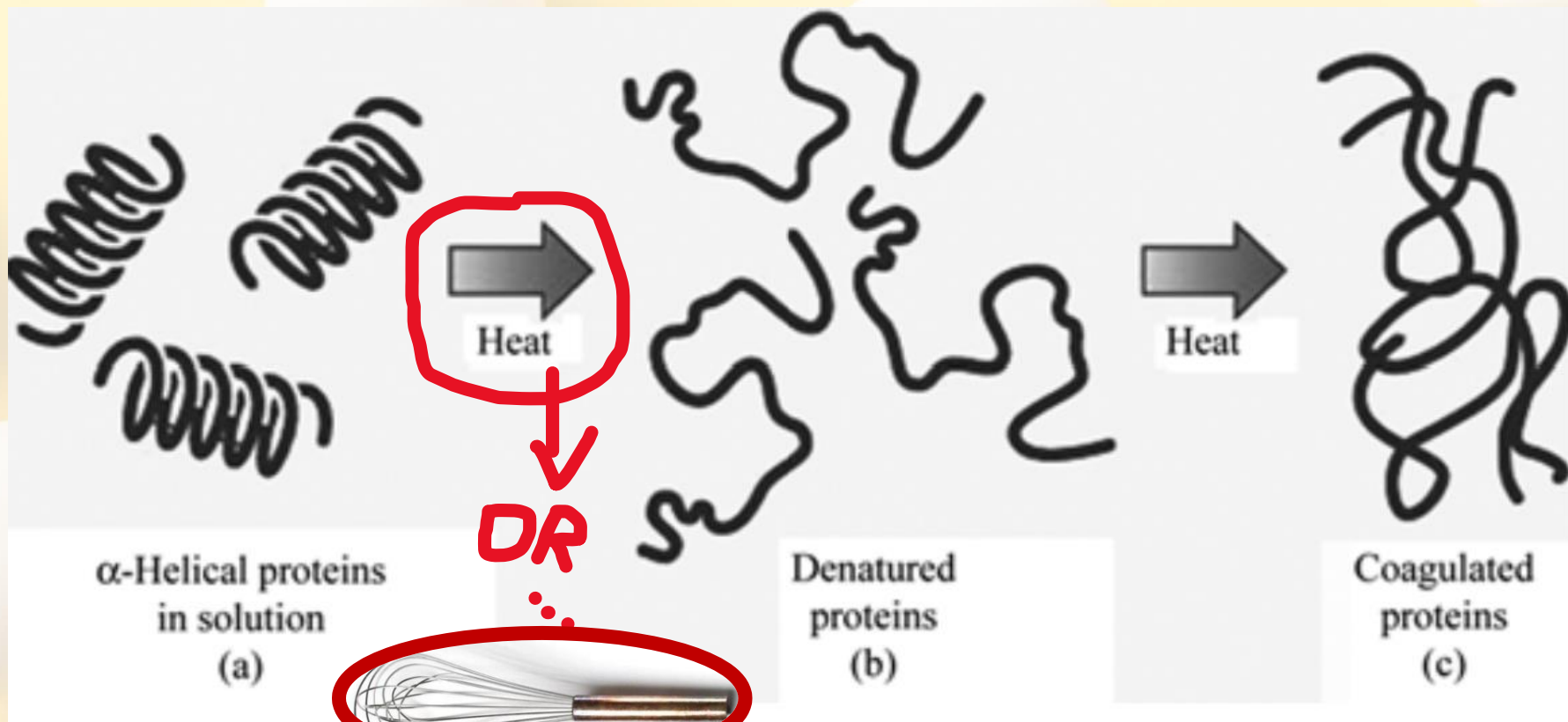
Ovomucóide
Inibidora de tripsina

ALERGÊNICA



Cristais de Lisozime

Enzima antimicrobiana também produzida no leite humano, saliva, lágrimas e muco.



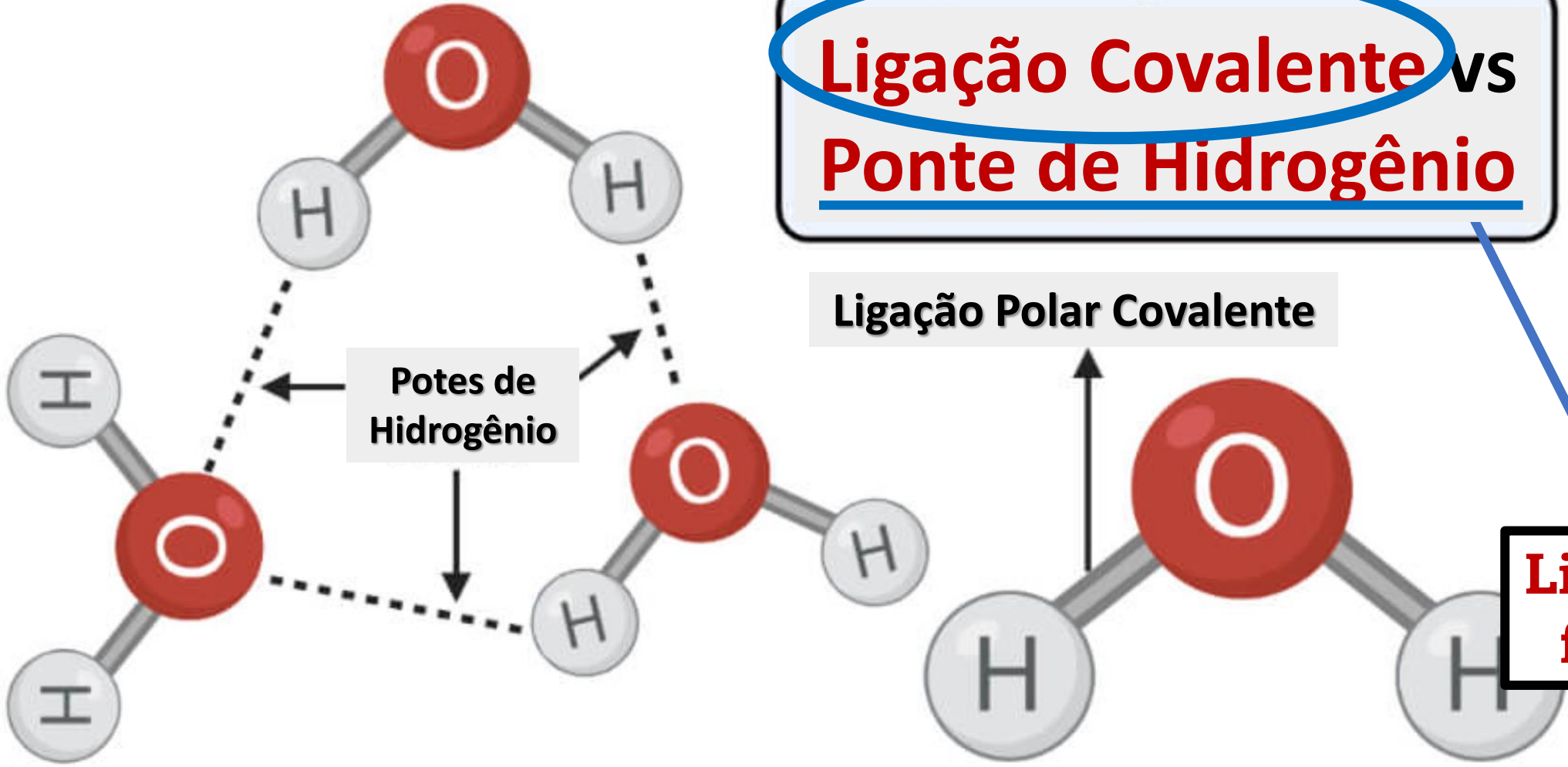
The denaturation of protein by increasing the temperature. (a) The structure of α -helical protein in solution. (b) When temperature is increased the hydrogen bonds present in the secondary structure are ruptured and the structure becomes dis-orientated. The process is known as denaturation. (c) After denaturation, the denatured protein joins together in the solution and becomes insoluble.

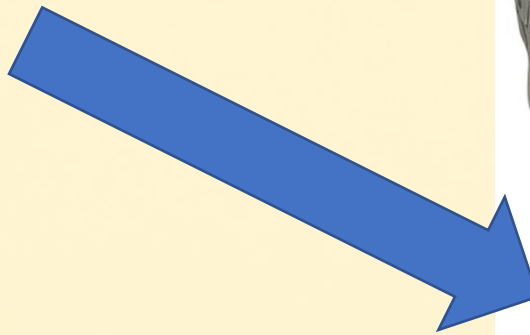
Ligação forte

Ligação Covalente vs Ponte de Hidrogênio

Ligação Polar Covalente

Ligação fraca

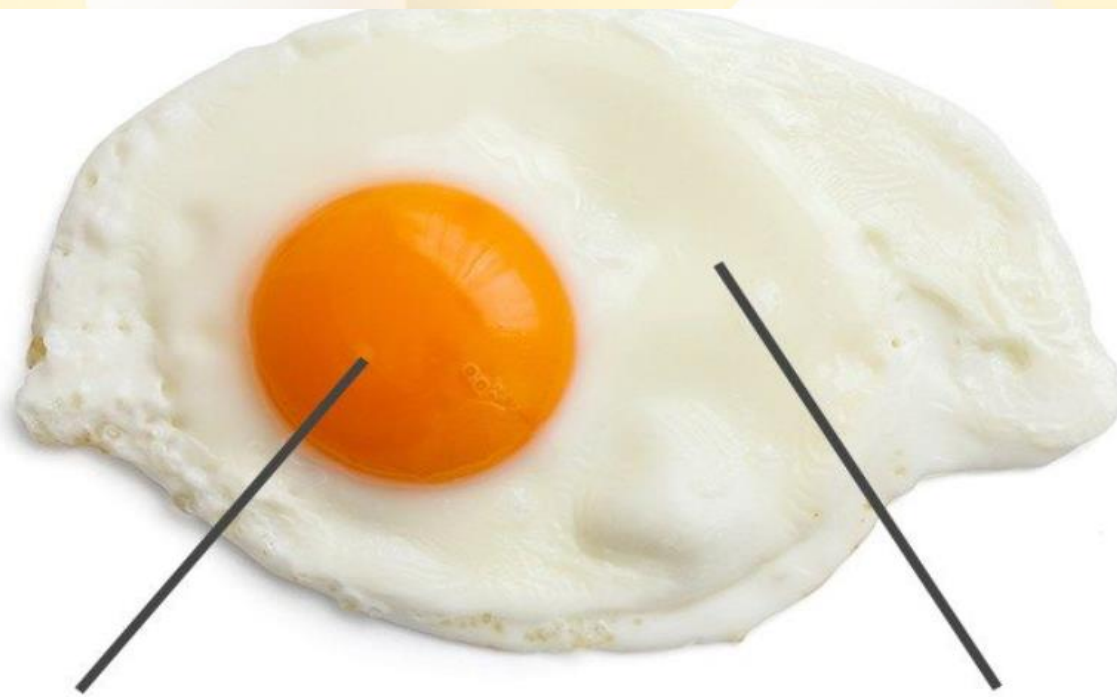




TIPOS DE PROTEÍNA DA GEMA DE OVO – EMULSIFICANTE, RESISTENTE AO CALOR

Protein	MW [kDa]	pI	Characterization
Livetins	80	4.3- 5.7	α-albumin, allergen, β – α-2 –glycoprotein, highly stable to heat, γ- γ-globulin, protein referred to as IgY, exert immunostimulatory activity
	45		
	150	5.7-7.6	
Phosvitin	160 (α) 190 (β)	4.0	mixture of α- and β-polypeptides, highly phosphorylated protein consists of about 50% serine, exerts <u>metal chelating</u> , <u>antioxidant</u> and <u>antimicrobial</u> activities.
Lipoproteins	10.3x10 ³	6.3– 7.5	
LDL	3x10 ³		LDL1, LDL2, VLDL, HDL possess <u>emulsifying properties</u> ,
	130		
	15		
Main apoproteins of LDL fraction	55 -80 9.4-180		main constituents of yolk (66%),
Apovitellins of HDL fraction			constituents of VLDL fraction,
Lipovitellenins	9-13		
Polypeptides of HDL fraction (apolipoproteins)	420 (dimers)		<u>highly stable to heat</u> ,
	28;44;74;109		sensitive to heat





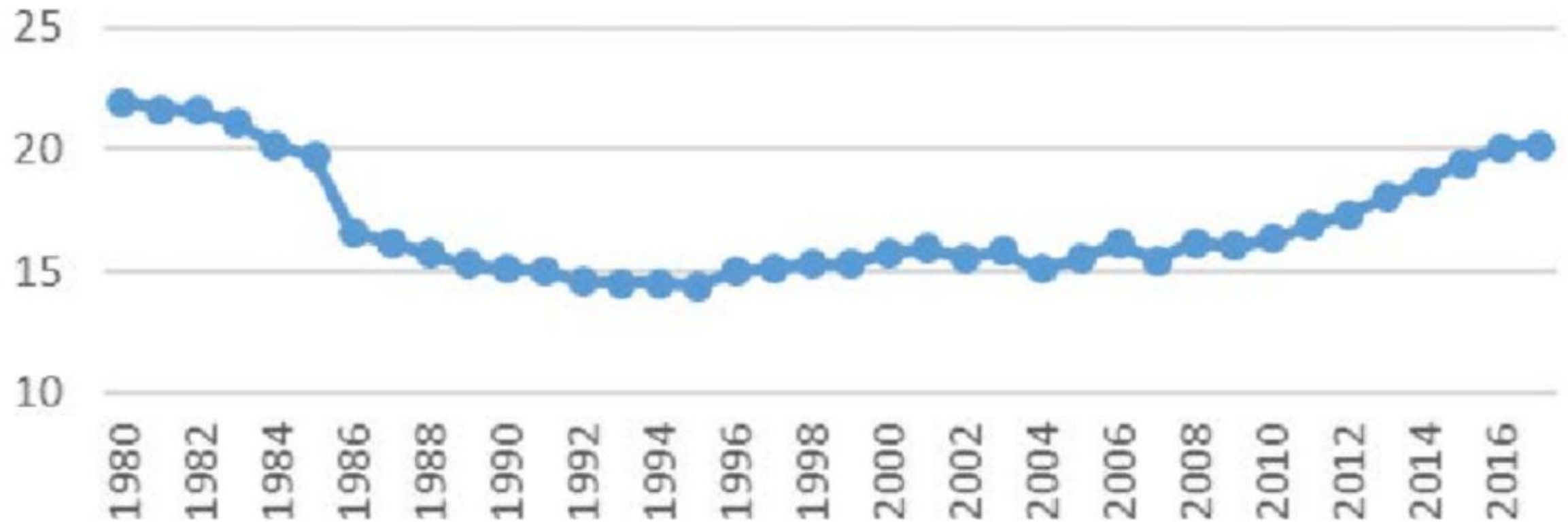
GEMA

Gordura	4.5 g
Gordura saturada	1.6 g
Colesterol	184 mg
Carboidratos	0.5 mg
Proteína	2.5 g

CLARA

Gordura	0 g
Gordura saturada	0 g
Colesterol	0 mg
Carboidratos	0 g
Proteína	4 g

Consumo Anual de Ovos no Canadá, 1980-2017 (em dúzias por habitante)



OVOS DE GALINHA

Consumo per capita na América Latina

10 maiores consumidores

UNIDADES PER CAPITA/ANO



Consumo Per Capita de Ovos Brasil e Estados Unidos 2017 a 2019

Unidade



Fonte: ABPA e USDA

Elaboração e análises: OVOSITE

CONSUMO DE OVOS NO BRASIL

2015 A 2020*

Ovos por habitante



Fonte dos dados básicos: ABPA

Elaboração e análises: OVOSITE

Anos 2020*: baseada em estimativa da ABPA

Rank	Company	Country	Layers (million head)	Full profile details
1	Cal-Maine Foods (including Hillandale Farms)	United States	40.1	goo.gl/P1cw6f
2	Proteína Animal (PROAN)	Mexico	33	goo.gl/by2MFO
3	Rose Acre Farms	United States	26.9	goo.gl/nese kz
4	CP Group (worldwide operations of CP Foods)	Thailand	22	goo.gl/7loe4R
5	Ise Inc.	Japan	20	goo.gl/SyM1P0
6	Versova Holdings LLC	United States	16.4	goo.gl/NV7gTw
7	Arab Company for Livestock Development (ACOLID)	Saudi Arabia	13.4	goo.gl/Ojqu9A
8	Daybreak Foods	United States	13	goo.gl/Zv6tu6
9	Kazi Farms Group	Bangladesh	12.7	goo.gl/KEUjPo
10	Rembrandt Enterprises	United States	12.5	goo.gl/uwyZo5

11	Michael Foods	United States	12.2	goo.gl/Zhxiwh
12	Granja Mantiqueira	Brazil	12	goo.gl/JvhWj3
13	CP Foods (including Chia Tai Group, COFCO)	Thailand	12	goo.gl/ltiu5Z
14	Avangardco	Ukraine	10.7	goo.gl/V1wPa0
15	Avril Group	France	10	goo.gl/JtYyo4
16	El Calvario	Mexico	10	goo.gl/fWlkyW
17	Empresas Guadalupe	Mexico	10	goo.gl/cXbWqN
18	Granja Yabuta	Brazil	10	goo.gl/qqJQpr
19	Wadi Group	Egypt	10	goo.gl/z0vSm4
20	Center Fresh Group	United States	9.7	goo.gl/h01kex

O fato dos ovos serem tão perfeitos fez com que eles fossem frequentemente associados com dois outros alimentos considerados “perfeitos”: leite e mel.





APICIUS – DE RE COQUINARIA – século 1 ACE



Ova spongia ex lacte: ova quattuor, lactis heminam, olei unciam in se dissolvis, ita ut unum corpus facias. In patellam subtilem adicies olei modicum, facies ut bulliat, et adicies impensam quam parasti. Una parte cum fuerit coctum, in disco vertes, melle perfundis, piper adspargis et inferes.

OMELETE SOUFLÉE

4 ovos
1 xícara (250 ml) de leite
1 c. sopa (25 ml) de azeite de oliva
Mel a gosto
Pimenta-do-reino moída na hora

- 🍳 Bater bem os ovos com o leite e algumas gotas de azeite.
- 🍳 Fazer 4 omeletes, usando o resto do azeite.
- 🍳 Coloque mel a gosto sobre as omeletes e polvilhe com pimenta do reino.



MATTHEW PARKER
1573

A PROPER NEWE
BOOKE OF COKERYE

EDITED BY
CATHERINE FRANCES FRERE

With Notes, Introduction and Glossary;
together with Some Account of Domestic
Life, Cookery and Feasts in Tudor Days,
and of the first owners of the Book,
Matthew Parker, Archbishop of Canterbury,
and Margaret Parker his Wife.

Original title page faces p. clxiv.

CAMBRIDGE:
W. HEFFER & SONS LTD.
1913.

C. TO MAKE A CUSTARDE.

A Custarde the coffyn must be fyrste
hardened in the oven, and thē take a quart
of creame and fyve or syxe yolkes of egges,
and beate them well together, and put them
into the creame, and put in Suger and small
Raysyns and Dates sliced, and put into the
coffyn butter or els marrowe, but on the fyshe
daies put in butter.

Essa receita é muito parecida com os famosos “pastéis de Santa Clara” de Portugal.



C. TO MAKE A CUSTARDE.

A Custarde the coffyn must be fyrste hardened in the oven, and thē take a quart of creame and fyve or syxe yolkes of egges, and beate them well together, and put them into the creame, and put in Suger and small Raysyns and Dates sliced, and put into the coffyn butter or els marrowe, but on the fyshe daies put in butter.

PARA FAZER UM CREME DE OVOS EM CAIXINHAS

UM CREME DE OVOS: AS CAIXINHAS DE MASSA DEVE SER PRIMEIRO ASSADAS NO FORNO E ENTÃO UM QUARTO DE CREME (250 ML) E 5 OU 6 GEMAS DE OVOS SÃO BATIDOS JUNTOS, E PONHA ENTÃO UM POUCO DE AÇÚCAR E ALGUMAS UVAS-PASSAS E TÂMARAS PICADAS, E PARA A MASSA DAS CAIXINHAS USE MANTEIGA OU TUTANO, MAS EM DIAS DE PEIXE USE MANTEIGA.

C To make egges in monethyne.

Take a dyshe of rosewater and a dyshe full of suger, and sette them vpon a chaffyngdysch, and let them boyle, than take the yolkes of.viii.oz.ix.egges newe layde and putte them thereto, euery one from other, and so lette them harden a lyttle, and so after this maner serue them forth, and cast a lyttle synamon and suger vpon thē.

To make eggs in moonshine.

Take a dish of rosewater and a dish full of sugar and set them upon a chaffing dish and let them boil then take the yolks of eight or nine new-laid eggs and put them into the dish, each one separate from the other. And so let them harden a little, and so, when they are done, serve them forth sprinkled with a little cinnamon and sugar.

OVOS AO CLARÃO DA LUA (ou Castelos de Areia ...) A Proper newe Booke of Cokerye' c. 1550

27 To Poche Eggs and Moone shine 13

Take a quarter of a pound of Currans pickt
& washed Cloans & a quarter of a pint of
whit wine & a little sliced of nutmace
& a little orange peeke Just as much as
will giue it a rollish sett it ouer the fire
to boyle & if y^e see it want any more Ligne
you must ad more whit wine it must boyle
till the Currans are very plump then put in
good store of butter after you take it of y^e
fire stire it till the butter be melted then
poche your eggs very white & hanfome & lay
them on sippets first wet your sippets in whit
wine: then poure y^e same on y^e & serue it to y^e
(Table)



Pegue um prato cheio de água de rosa e um prato cheio de açúcar e coloque tudo em uma frigideira em fogo fraco e deixe ferver. Coloque então as gemas de 8 ou 9 ovos recém postos, um bem separado do outro. And deixe-as endurecer um pouco ('ovos pochê'), e quando estiverem pronto sirva-os imediatamente polvilhados com um pouco de canela e açúcar.

NOTA: esse prato não é sobremesa, é prato 'salgado', servido com torradas e um purê de espinafre, no café da manhã. Era típico da era Elizabetana (Elizabeth I, a Rainha Virgem).

**Ovos e
Filosofia**





Sor Juana Inés de la Cruz por Miguel Cabrera

“No estudio para saber más, sino por ignorar menos.”

“Eu não estudo para saber mais, mas para ser menos ignorante.”

“Eu me converti em freira porque, embora eu reconheça que o noviciado tem muitas ramificações ... estranhas ao meu temperamento, mesmo assim, devido ao meus sentimentos completamente negativos em relação ao casamento, isso era a coisa menos desproporcionada e a mais adequada que eu poderia ter feito.”

Juana Inés de la Cruz

Resposta a Sor Filotea de la Cruz (1691)

Carta a Sor Filotea : “sor Filotea” era em realidade o Bispo de Puebla, que havia denunciado Sor Juana à Inquisição Romana porque ela teria tido a ‘audácia’ de fazer comentários teológicos sobre os sermões do Padre Vieira, além de ter mais livros que qualquer outra pessoa nas Américas.

Pues ¿qué os pudiera contar, Señora, de los secretos naturales que he descubierto estando guisando? Veo que un huevo se une y fríe en la manteca o aceite y, por contrario, se despedaza en el almíbar; ver que para que el azúcar se conserve fluida basta echarle una muy mínima parte de agua en que haya estado membrillo u otra fruta agria; ver que la yema y clara de un mismo huevo son tan contrarias, que en los unos, que sirven para el azúcar, sirve cada una de por sí y juntos no. Por no cansaros con tales frialdades, que sólo refiero por daros entera noticia de mi natural y creo que os causará risa; pero, señora, ¿qué podemos saber las mujeres sino filosofías de cocina? Bien dijo Lupercio Leonardo, que bien se puede filosofar y aderezar la cena. Y vo suelo decir viendo estas cosillas: Si Aristóteles hubiera guisado, mucho más hubiera escrito. Y prosiguiendo en mi modo de cogitaciones, digo que esto es tan continuo en mí, que no necesito de libros; y en una ocasión que, por un grave accidente de

estómago, me prohibieron los médicos el estudio, pasé así algunos días, y luego les propuse que era menos dañoso el concedérmelos, porque eran tan fuertes y vehementes mis cogitaciones, que consumían más espíritus en un cuarto de hora que el estudio de los libros en cuatro días; y así se redujeron a concederme que leyese; y más, Señora mía, que ni aun el sueño se libró de este continuo movimiento de mi imaginativa; antes suele obrar en él más libre y desembarazada, confiriendo con mayor claridad y sosiego las especies que ha conservado del día, arguyendo, haciendo versos, de que os pudiera hacer un catálogo muy grande, y de algunas razones y delgadezas que he alcanzado dormida mejor que despierta, y las dejo por no cansaros, pues basta lo dicho para que vuestra discreción y trascendencia penetre y se entere perfectamente en todo mi natural y del principio, medios y estado de mis estudios.

HUEVOS REALES - Sor Juana Inés de la Cruz

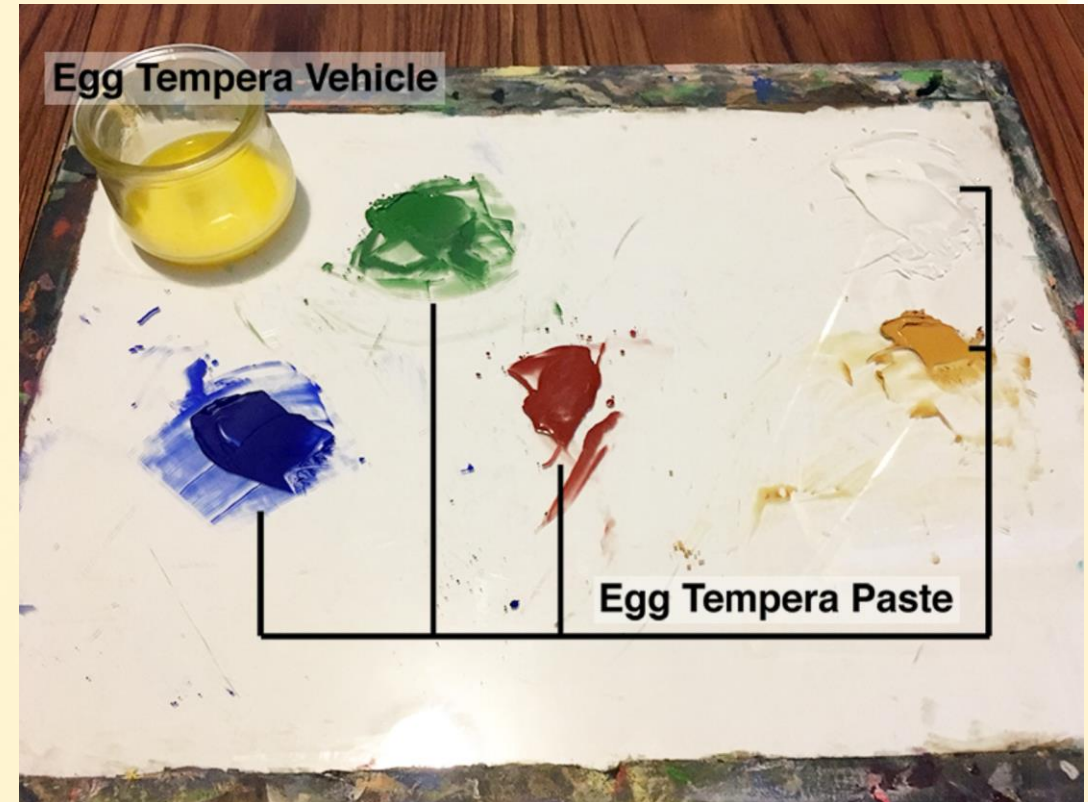
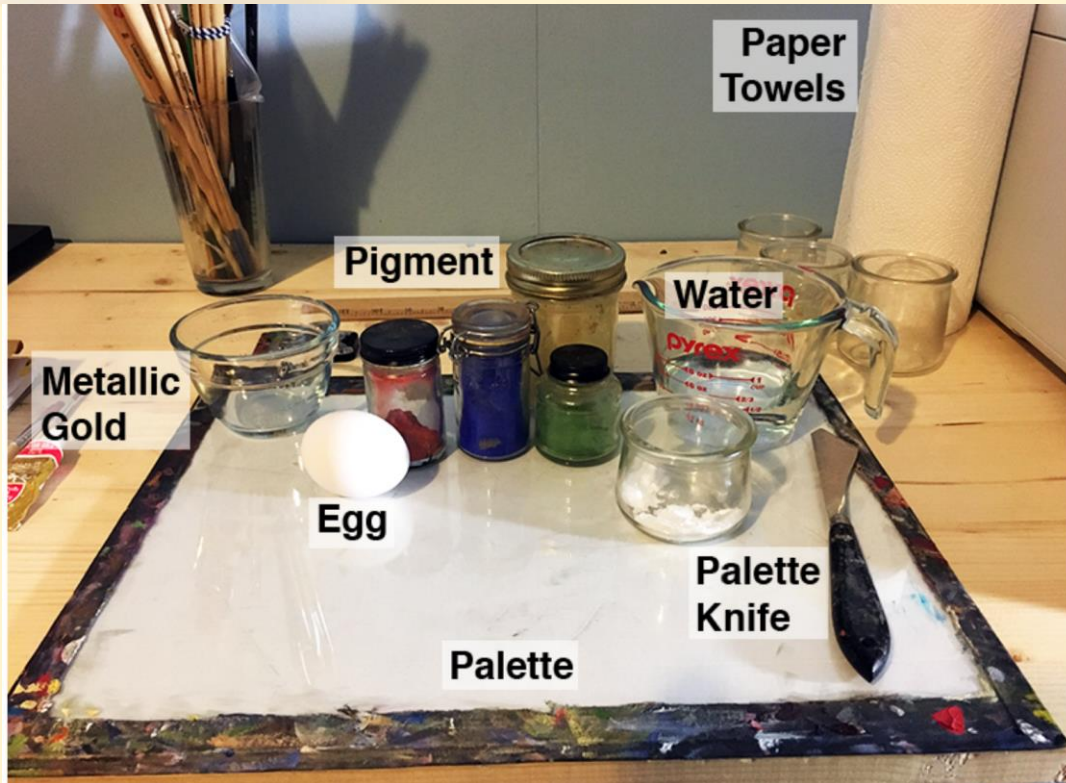
©
La Asociación Cultural para las Zonas Rurales de Tabasco, A.C., agradece al Lic. Joaquín Cortina haberle cedido los derechos de esta primera impresión y al Sr. José Rogelio Álvarez haberla hecho posible, tan cuidadosa como gentilmente.



**Ovos e Arte?
Eggxciting!**

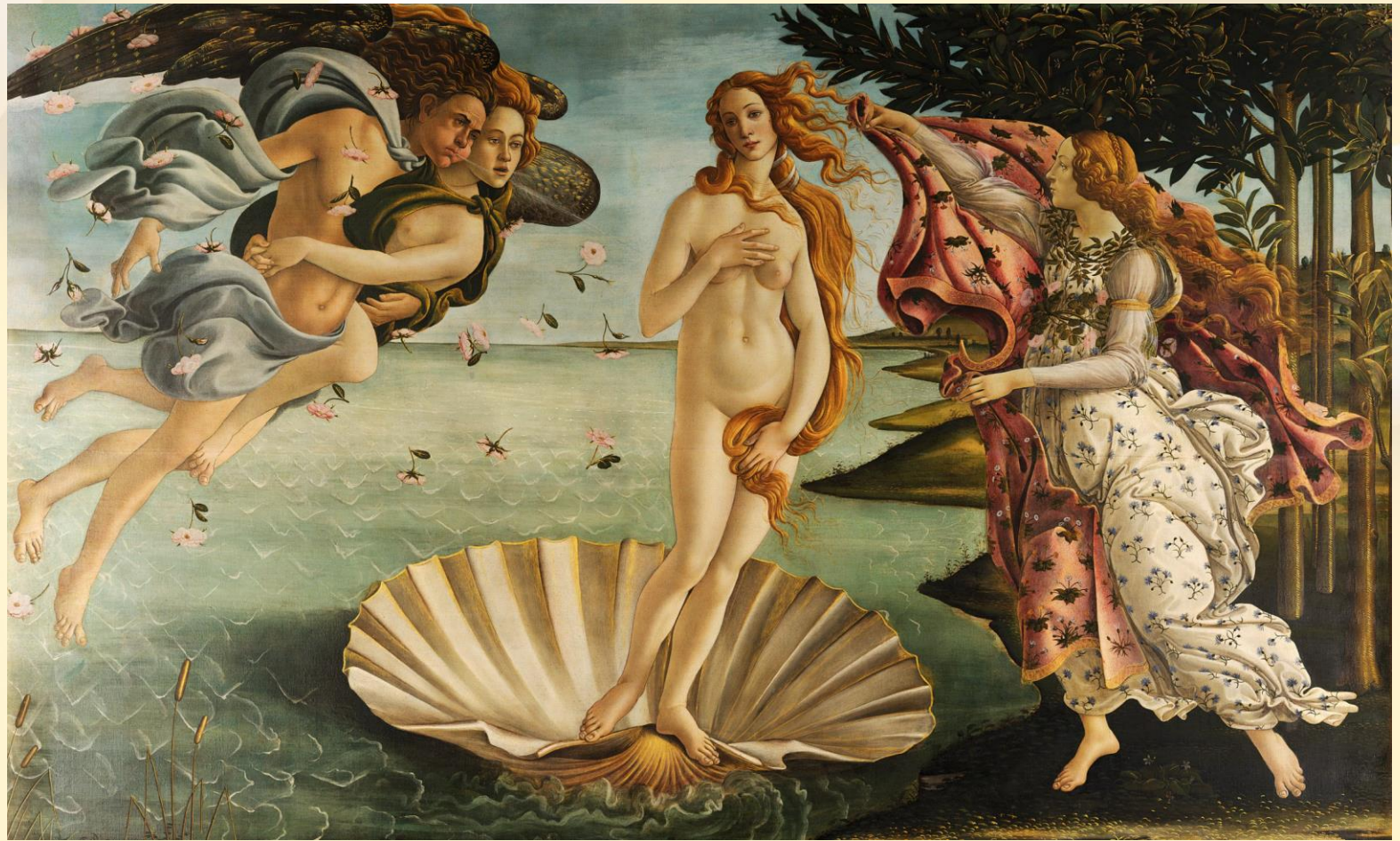


TEMPERA A BASE DE OVOS PARA PINTURA





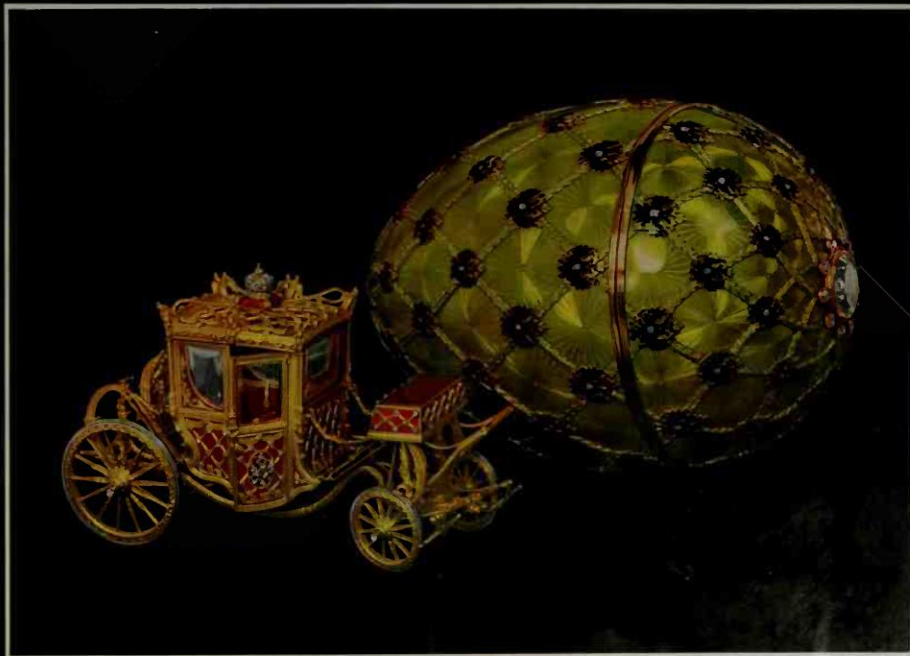
Madonna e Criança por Duccio, tempera com ouro moído sobre madeira, 1284, Siena



Sandro Botticelli, O Nascimento de Vênus, tempera sobre tela, c. 1486

PETER CARL FABERGÉ

Goldsmith and Jeweller to the Russian Imperial Court



His Life and Work by Henry Charles Bainbridge

PETER CARL FABERGÉ

Goldsmith and Jeweller to the Russian Imperial Court

His Life and Work
by

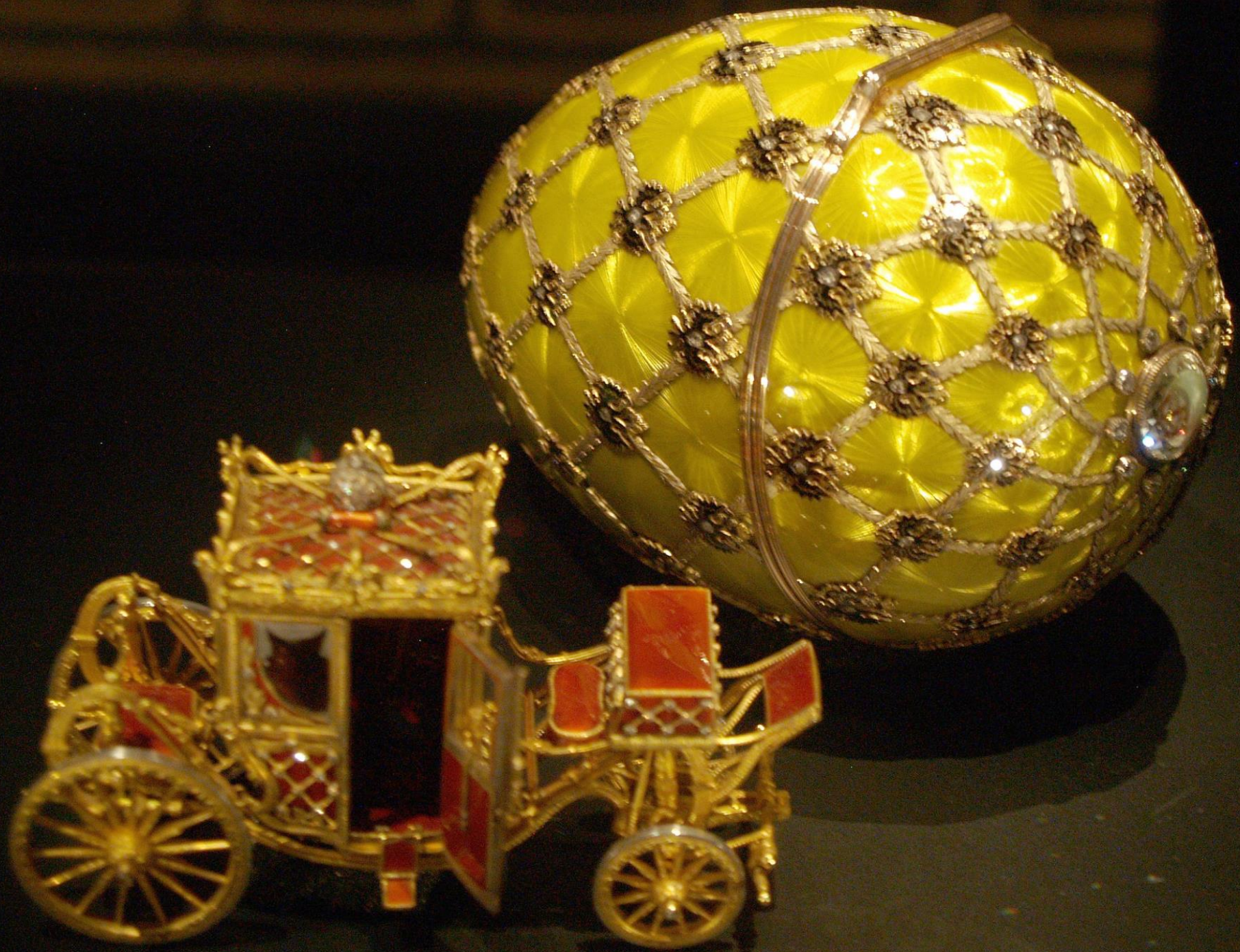
HENRY CHARLES BAINBRIDGE

With a foreword by Sacheverell Sitwell



SPRING BOOKS

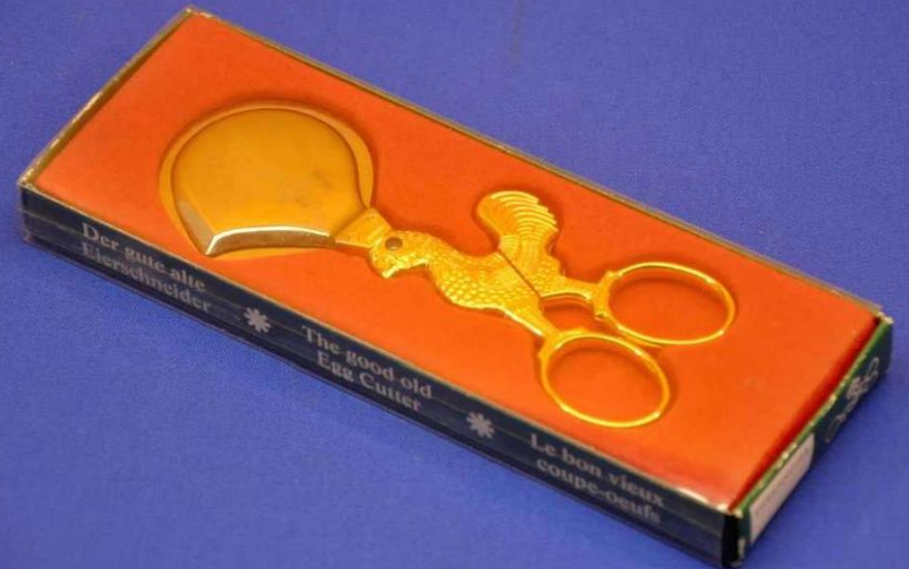
London · New York · Sydney · Toronto







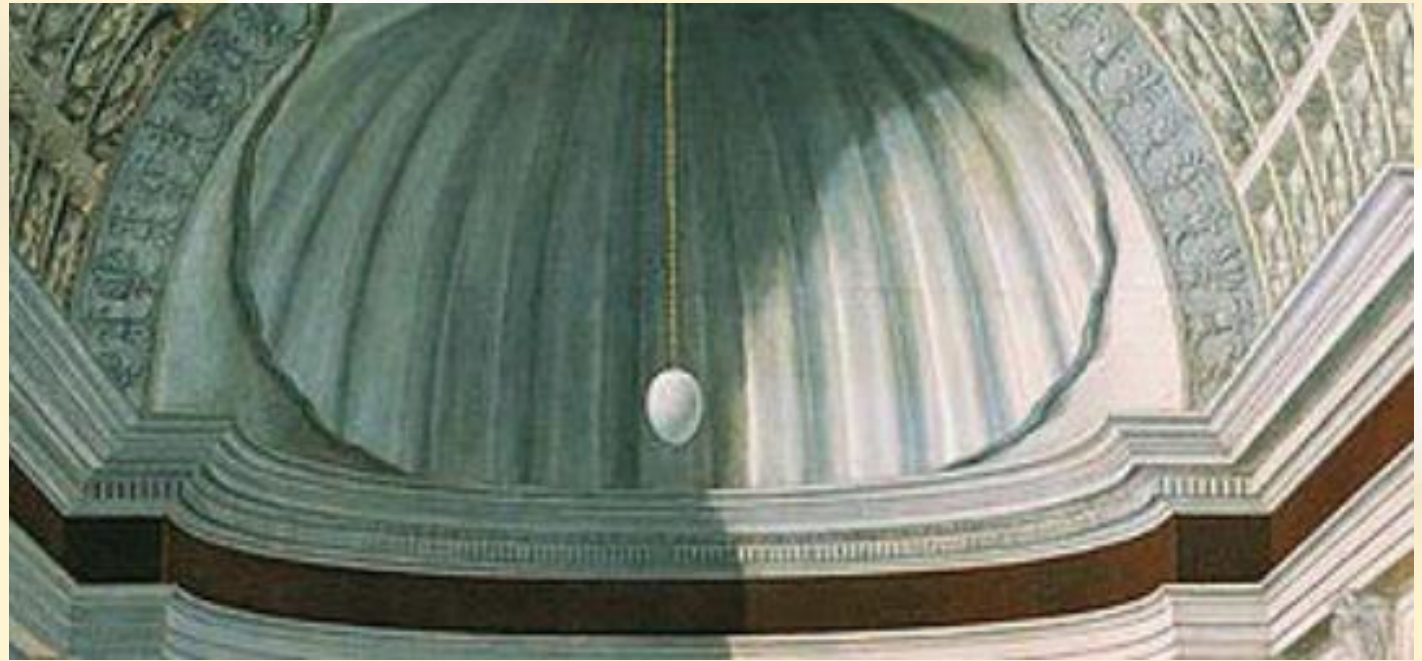












**Piero della Francesca, Brera Madonna,
1472-74**



**Leonardo da Vinci, Leda e o Cisne
1505-10**



**Hieronymus Bosch,
Concerto em um Ovo,
c. 1561**



**Bacchiacca, Leda e o Cisne,
Século 16**



**Georg Flegel,
Merenda com ovos fritos,
c. 1600**



**Diego Velázquez, Uma
Velha Cozinhando, 1618**

(“Huevos de puntillas”)



Paul Cézanne, Natureza Morta com Pão e Ovos, 1865



Salvador Dalí, Teatro Museo Dalí em Figueres/Espanha, 1974



Andy Goldsworthy, Ovo de Pedra, perto de Penpont, c. 2000



Frans Hals, Festeiros da Terça de Carnaval, 1616-17



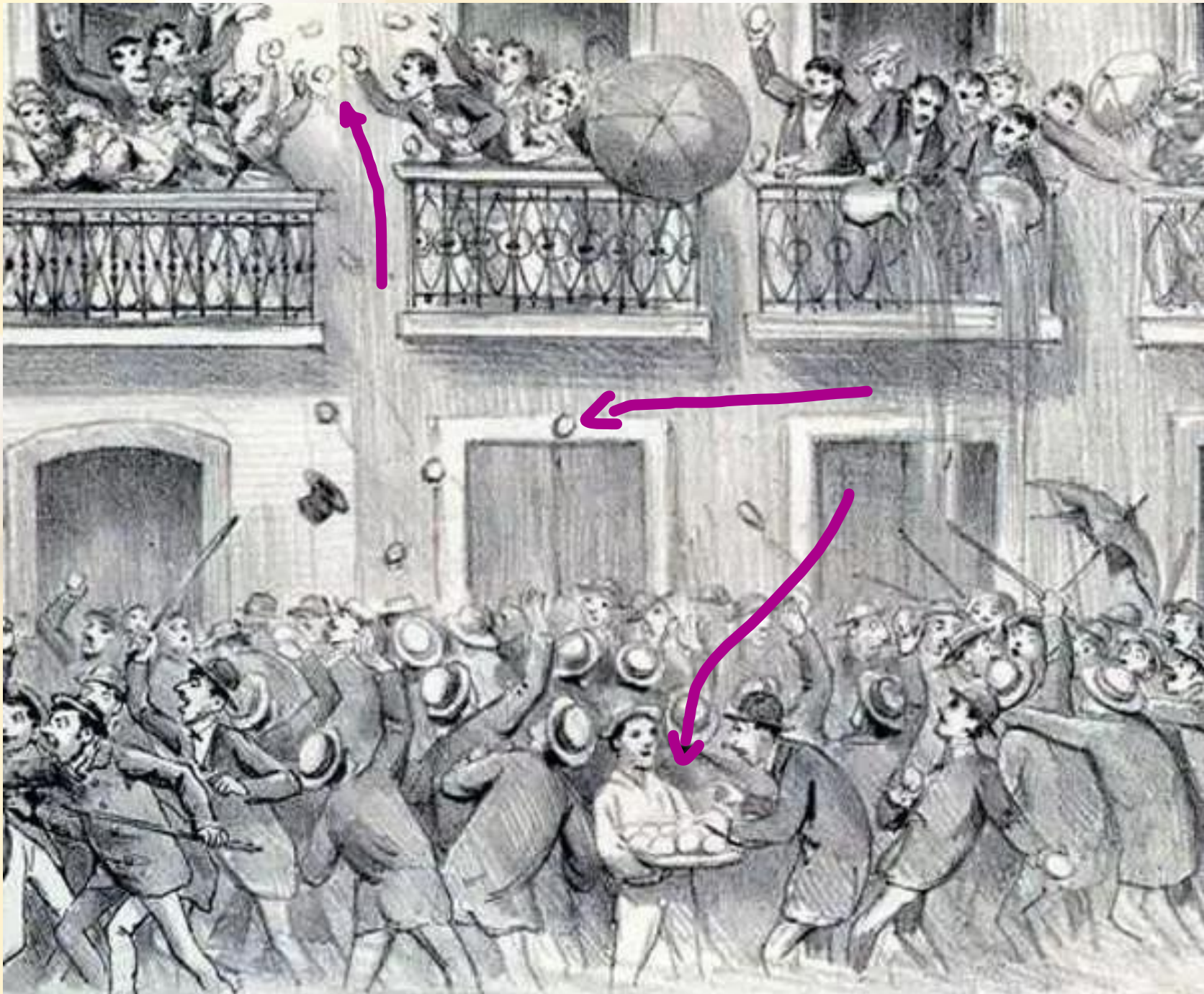
Cascarones con confeti, Mexico.

Hoje os ‘cascarones’ são mais presentes na Páscoa que no Carnaval. Essa é origem das tão brasileiras “bombas de confetes” e de água de cheiro dos antigos entrudos no Rio de Janeiro e outras cidades



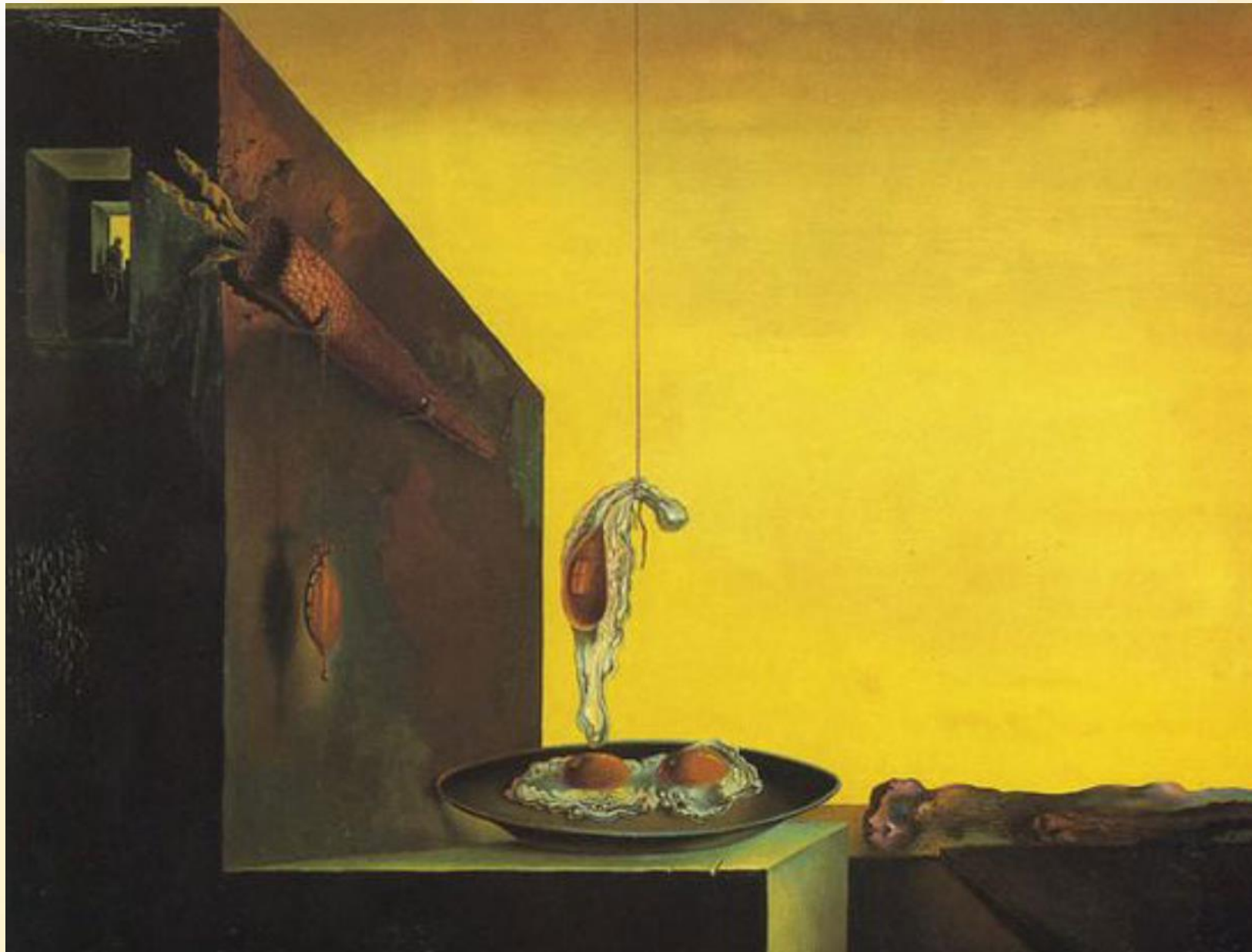








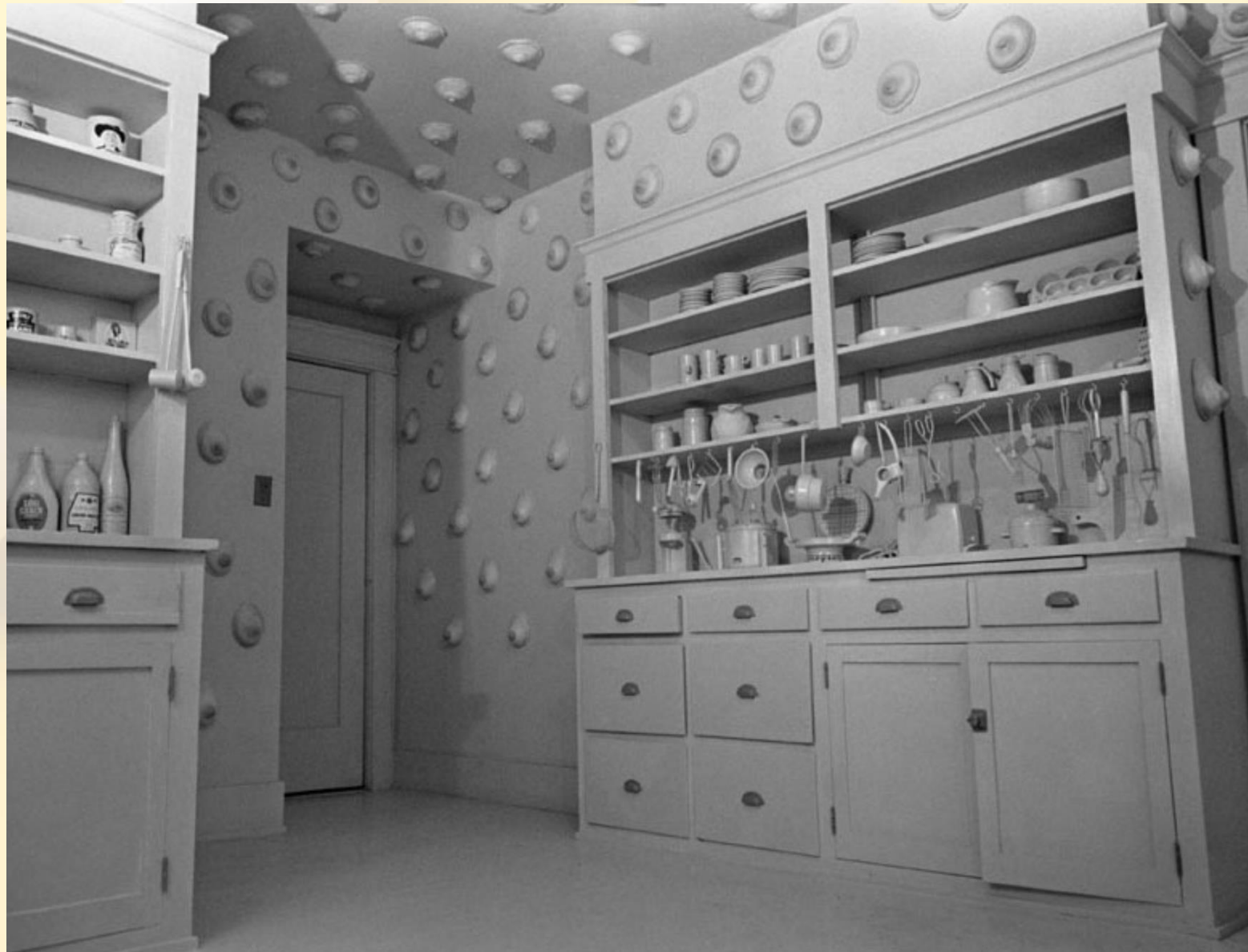
Jean-Baptiste Greuze
Ovos partidos,
1756



Salvador Dalí
Ovos no prato sem o
prato
1932



Claes Oldenburg
Escultura no Formato de Ovo Frito, 1966-71, e Fantasia de Ovo Frito,
1974



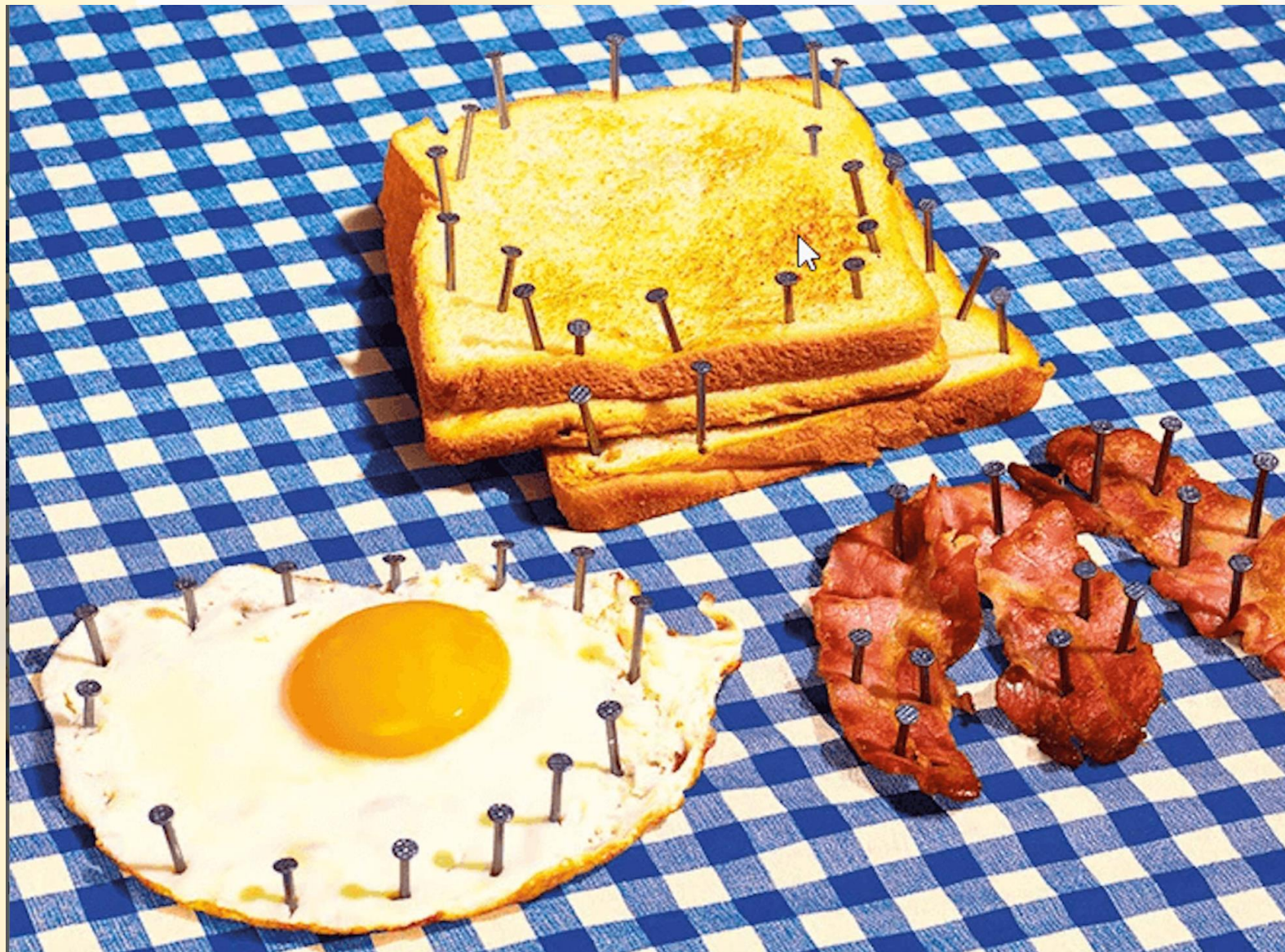
Christopher Chiappa, Casa de Mulher, 1972



Sarah Lucas, Autoretrato com Ovos Fritos, 1996



**Urs Fishcer, *It's Blitz* (*'ataque repentino'*), 2009
(Capa do Álbum do Yeah Yeah Yeah's)**



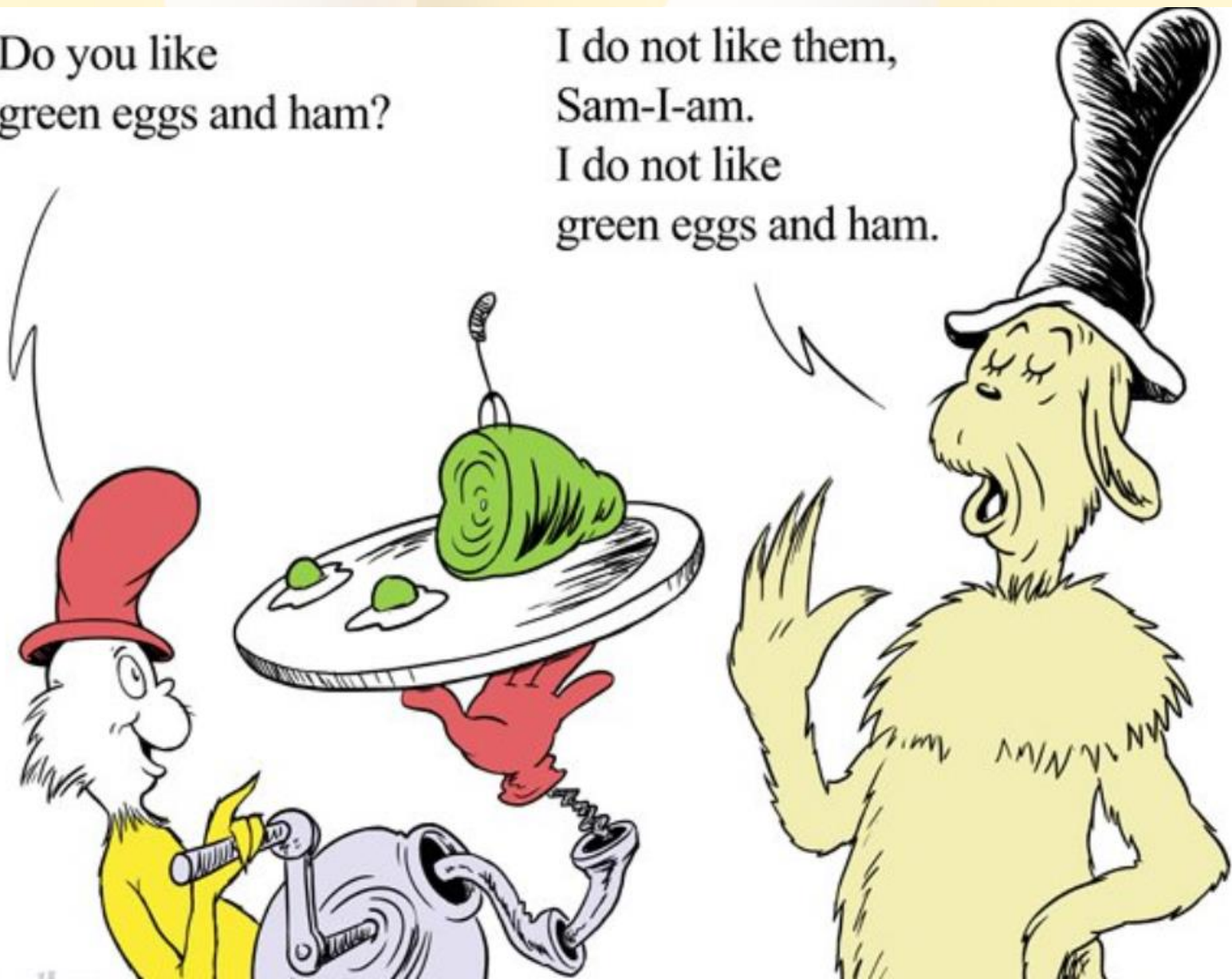
Toilet Paper Magazine, 2010. Toilet Paper é uma revista satírica de arte criada por Maurizio Castellan e pelo fotógrafo Pierpaolo Ferrari.



**Soshiro Matsubara, Ovos Fritos Púrpura numa Camisa Púrpura,
2013**

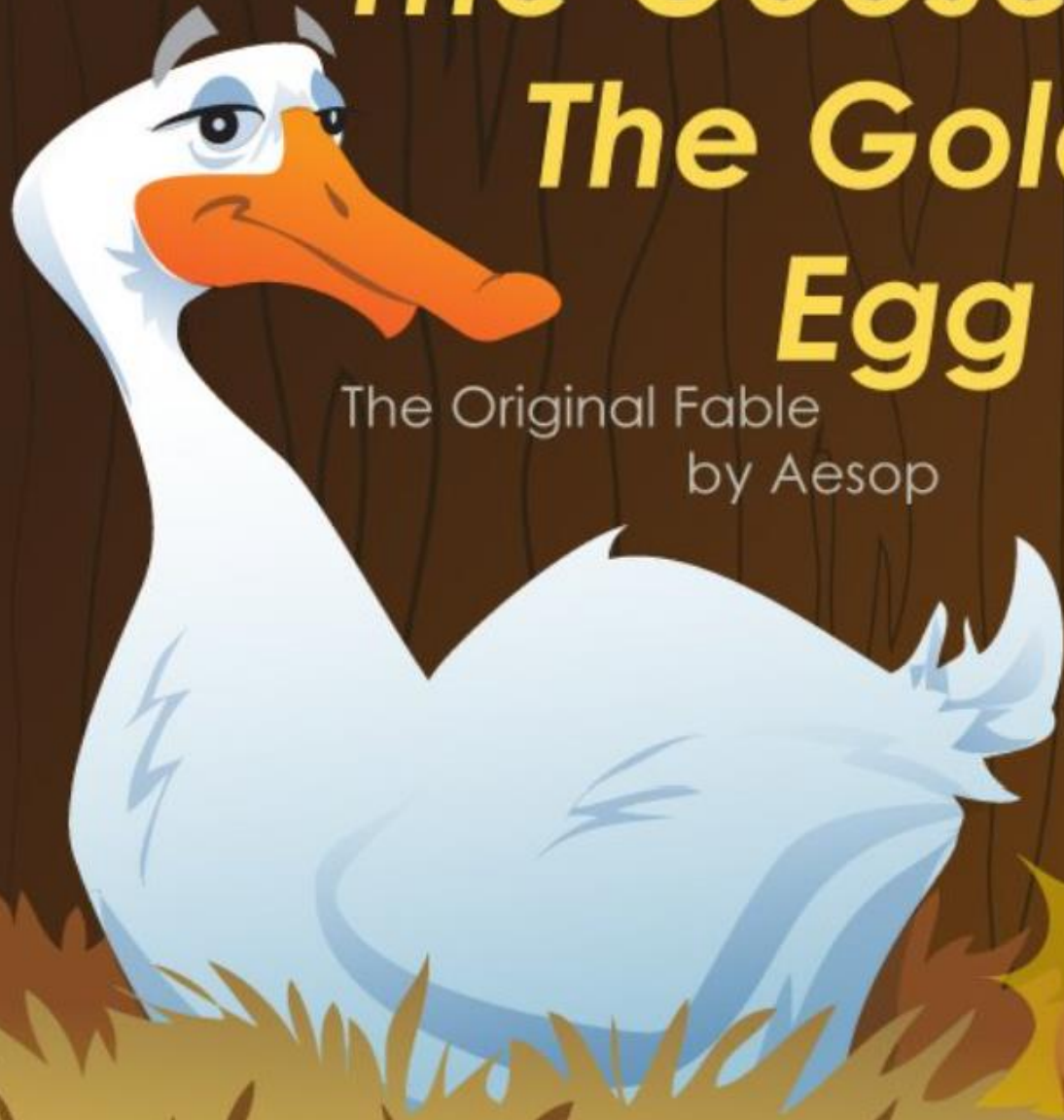
Do you like
green eggs and ham?

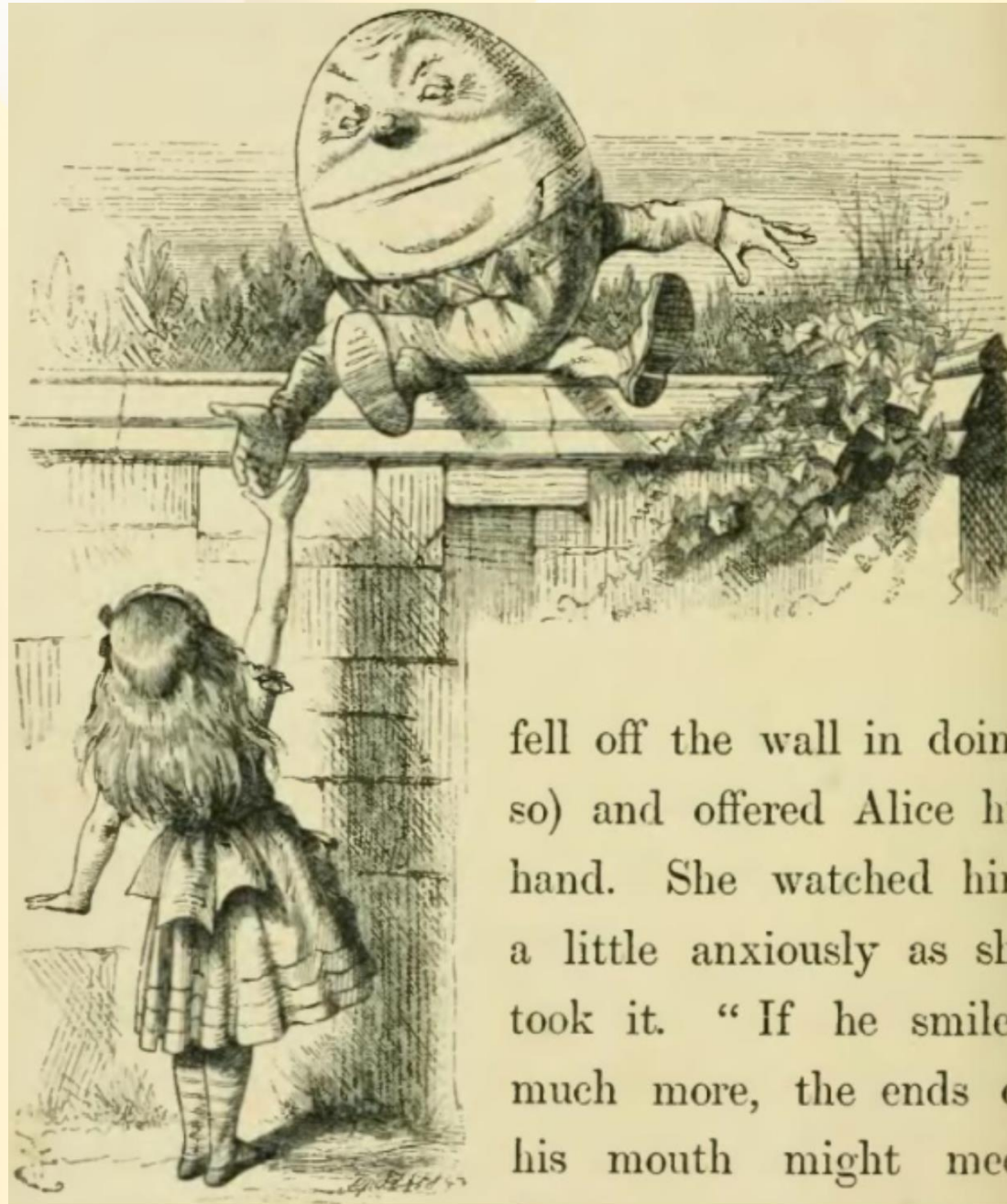
I do not like them,
Sam-I-am.
I do not like
green eggs and ham.



The Goose and The Golden Egg

The Original Fable
by Aesop



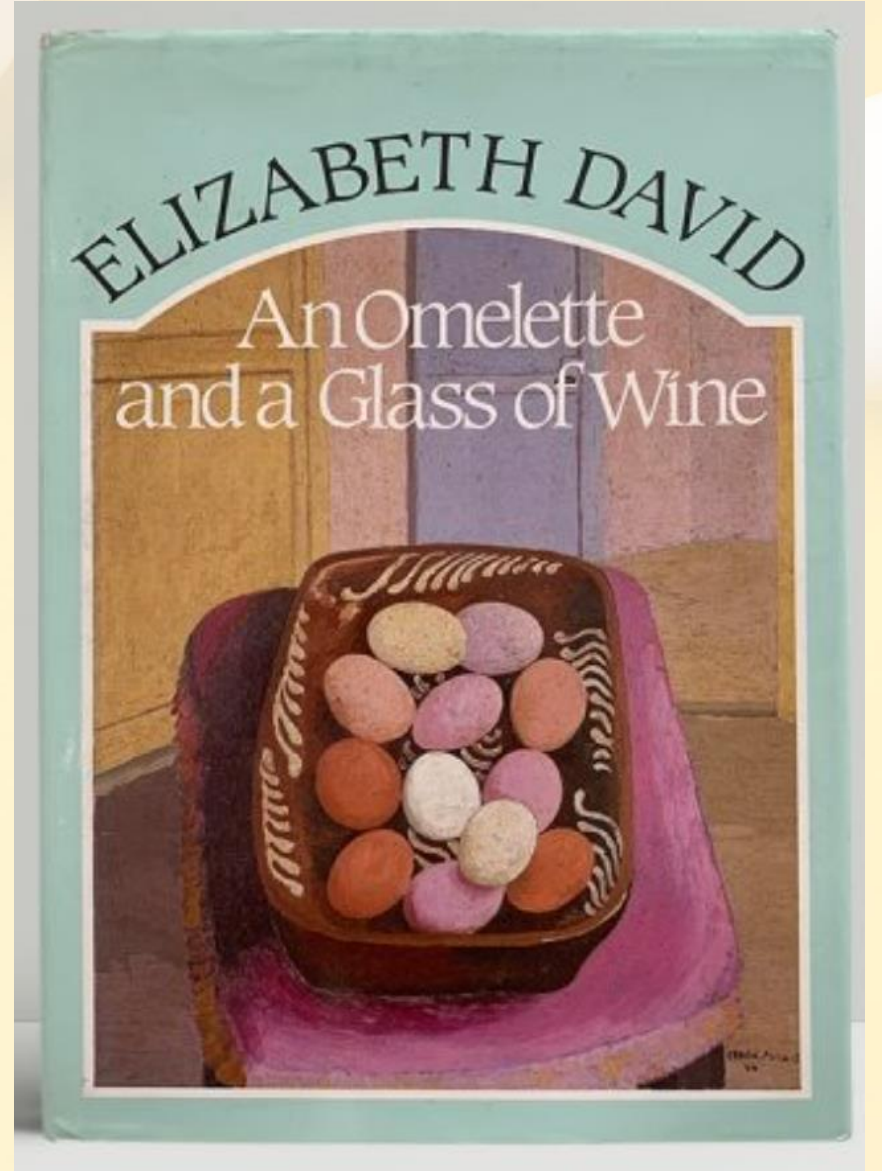


fell off the wall in doing
so) and offered Alice his
hand. She watched him
a little anxiously as she
took it. "If he smiled
much more, the ends of
his mouth might meet





Elizabeth David in her kitchen in the mid 1950s, Halsey Street, London. *Elizabeth David Archives*

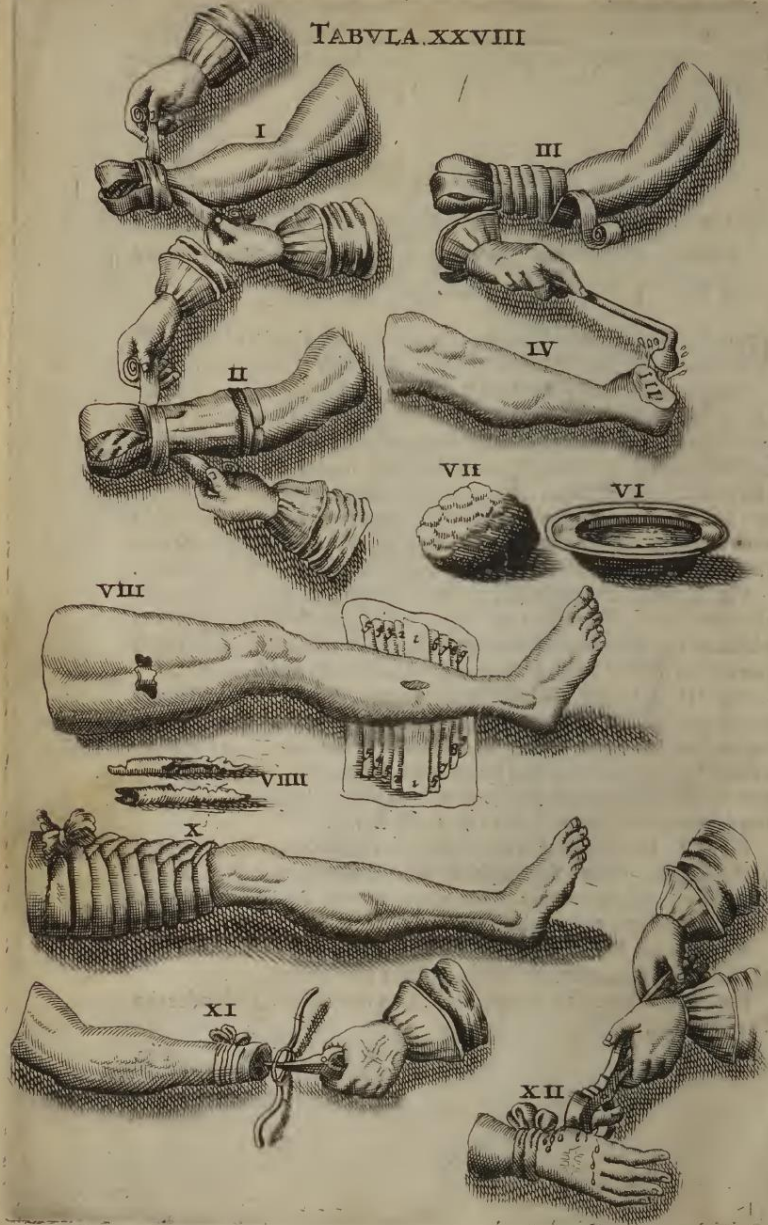


**E o que mais
podemos fazer
com ovos ?**





TABVLA XXVIII



The XXIX Table.

Of the provision to bind a broken Leg, and Hippocrates his way of binding to be observed in dislocations and fractures. 1

Letter A. Shews a glass with four Wine, &c.

B. One filled with oil of Roses.

C. Three Eggs.

D. The beating of whites of Eggs.

E F. Two bands whereof Hippocrates writes, *de offic. Med. text.*

3. But being there are two under bindings of linnen rollers; one of them E ends from the place upon the superiour part; the other F goes down from the place to the inferiour part.

THE
CHYRURGEONS
Store-House:
Furnished with Forty three
TABLES Cut in BRASS,
IN WHICH
Are all sorts of INSTRUMENTS, both Anti-
ent and Modern; useful to the performance
of all Manual Operations, with an exact
Description of every INSTRUMENT.
Together with a hundred Choise OBSERVATI-
ONS of famous CURES PERFORMED.
With three Indexes. 1 of the INSTRUMENTS. 2
of CURES performed, and 3 of Things Remarkable.
Written by Johannes Scultetus, a famous Physician, and
Chyrurgion of Ulme in Suevia.
And faithfully Englished. By E. B.
LONDON,
Printed for John Sturkey, at the Mixer in Fleet Street, near
Temple-Bar. 1674.

**Igreja de Baclayon
La Purisima Concepcion de la Virgen
Maria Parish Church,
Filipinas**



A Igreja de Baclayon Church foi construída usando coral, claras de ovos e cascas de ovos na sua estrutura.

A clara de ovo funciona como um potente agente aglomerante e como cola.

As cascas são fonte de calcário e dão a porosidade necessária para que as paredes respirem, exatamente como pintinho respira dentro da casca.

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**PRELIMINARY STUDIES ON THE DEVELOPMENT OF LIME-BASED MORTAR
WITH ADDED EGG WHITE**

Md Azree Othuman Mydin^{1*}

¹School of Housing, Building and Planning, Universiti Sains Malaysia, 11800, Penang, Malaysia

(Received: May 2017 / Revised: August 2017 / Accepted: October 2017)

CLARIFICAÇÃO DE VINHO USANDO O ANTIGO MÉTODO FRANCÊS DE “COLLAGE” COM CLARAS DE OVOS



SUNTORY TOMI NO OKA WINERY "From the Site of Viticulture": Suntory egg white collage made the traditional French way

In the châteaux of France's Medoc region, it has long been traditional to clarify red wine before bottling with egg white (collage). The protein in egg white bonds easily with the tannins which cause astringency.

The egg protein sinks gradually through the cask-aging wine, attracting tannins meanwhile, and builds up at the bottom of the cask as lees. Some two months later, this process of sedimentation is followed by racking, in which the clarified wine alone is transferred from the cask, leaving the egg white behind and creating a pure red wine.

Suntory Tomi no Oka Winery uses this traditional French method of collage.



First, in order to put the egg white into the aging cask, a small amount of wine is removed, leaving a little empty space at the top of the cask.





The egg white is separated and stirred so as to break it up





The egg white is put into the cask and stirred with the wine. Finally, the small amount of wine removed earlier is replaced, and the egg white collage process for the cask is complete.

Collage serves not only to clarify red wine, but is said also to refine the aroma and render it even more complex, smoothing out the tannins and creating a supple body and a mellow mouthfeel. Several eggs per cask are used for collage, although it doesn't follow that more is better. The number of eggs ideal for the nature of each wine varies, and we at Tomi no Oka Winery work to give each wine its own ideally suited qualities, keeping in mind the flavors we want to create.

Colectan cascarones para sanear el Lerma

Buscan reunir dos toneladas



Se harán filtros químicos que están hechos con cascarones de huevo, óxido de magnesio y cal para sanear pozos de agua. Fotos: José Almanza | El Sol de Salamanca



Freiras polonesas usando hábitos engomados e uma **cornette** branca em 1939 ⇒



613
A N C O R A
M E D I C I N A L

PARA CONSERVAR
a vida com saude, F74

ESCRITA PELO DOUTOR
FRANCISCO DA FONSECA
HENRIQUES,

Natural de Mirandella, Medico do Serenissimo REY de Portugal

D. JOAÕ V.



LISBOA OCCIDENTAL.

Na Officina de MIGUEL RODRIGUES.
Mercador de livros na rua da ametade às portas de
Santa Catharina, e impresso à sua custa.

M. DCC. XXXI.

Com todas as licenças necessarias.

Cap. VII. *Dos animaes volateis, pag. 150.*
Cap. VIII. *Dos ovos, pag. 176.*
Cap. IX. *Dos peyxes em commum, pag. 180.*

1731

CAPITULO VIII.

Dos ovos.

(Ova gal-
lina.) 1 **T** Odas as aves dão seus ovos por onde se propagação, mas só os de gallinha são os que continuamente servem para alimento, e para condimento de varios manjares, e doces; por isto só delles fallaremos. Contão os ovos de duas partes bem diferentes na figura, e na forma sustancial: de gema, e de clara. A gema he moderadamente quente, e humida; he alimento de boa sustancia; coze-se facilmente, e toda se converte em bõ sangue; donde veyo o dizer-se que das gemas dos ovos se gera tanto sangue, quanto he o que pezaõ. A clara he fria, e moderadamente seca; e não se coze tão facilmente como a gema; porem nutrem muyto.

2 Os ovos para se cozerem, e nutrirem bem, haõ de ser frescos, postos do mesmo dia, que a estes chamaõ
OVOS

ovos de ouro; aos de dous dias ovos de prata, e aos do terceyro dia ovos de ferro. Haõ de eleger-se os que forem brancos, e longos, como dizia Horacio. (1)

(1)
Longa quibus facies ovis erit; illa 2. Serm
memento, Sat. 4
Ut succi melioris, & ut magis alba
rotundis.

Haõ de comer-se os ovos com sal; não só porque excita o appetite, mas tambem porque o sal emenda o lentor, que tem os ovos, com o qual muytas vezes causaõ nauseas, e enjoos de estomago.

3 O melhor modo de comer os ovos he escalfando-os em agua, de sorte que fiquem tremulos; ou cozendo-os inteynos de maneyra, que fiquem tão brandos, que se possaõ forver; que sendo assim, cozem-se brevemente; aclarão a voz nas rouquidoens; abrandão as tosses, e são convenientes nos males pestilenciaes. São alimento para toda a idade, e em todo o tempo, para os convalescentes, e debilitados, e para

os tíficos. Os que se assão , ainda que fiquem brandos , e sorviveis , não são tão bons como os cozidos em agua; porque sentem mais a força do fogo , e perdem muyto do humido nativo. Os ovos duros , ou sejaõ cozidos, ou assados , são reprovados ; porque tem perdida toda a sua humidade, e cozem-se mal, daõ succo crasso, q̄ causa obstrucçoens , e endurece o ventre. Os fritos , e duros são os peyores de todos , e muyto mais indigestos , principalmente sendo fritos em azeyte ; porque com elle se abrandão, e laxão as fibras do estamago ; e não se digerindo bem , corrompem-se , e corrompem os alimentos, com que se misturão , e muitas vezes causaõ dores de colica ; mas frigindo-se em manteyga , e ficando brandos , são menos nocivos ; porque o sal da manteyga quasi que emenda a sua oleosidade. Quando não podèrem deyxar de se frigar em azeyte, lancem-lhe sal bastante.

4 Os ovos antigos são muyto máos, porque se corrompem , e causaõ effeytos de veneno. E os frescos, ainda q̄ sejaõ tão bons, como temos dito, nem
por

por isso se haõ de usar indiscriminadamente em toda a natureza; porq̄ nos q̄ forem biliolos, e adustos, corromper-se haõ com facilidade , e offenderão insignemente ; convertendo-se em colera, causando ardores, e sede, e diarrheas. Tambem dizem que se não devem usar nos calculolos, que geraõ pedras , e arèas , e nos gottosos ; no que lhe não achamos razão.

5 Os ovos tem muytas virtudes *Virtu-* medicinaes ; porque a gema he anodi-*des* na, serve para toda a dor, tem virtude *Medi-* de laxar , e digerir ; della se faz o oleo *cinaes,* de ovos, que he excellente para dores hemorrhoydaes , e para dores de dentes , e para tirar as nodoas , e sinaes das bexigas. Ella tem virtude maturativa, com que ajuda a cozer , e suspurar os apostemas. A clara serve para muytos males , ou posta por fóra , como repercussivo, nas inflamaçoens , ou tomada pela boca , para os que escarraõ sangue , e para outros mais usos. Os pós das cascas dos ovos tem virtude para quebrar , e excluir as pedras , e arèas dos rins. As membranas, ou pelliculas , que se achaõ entre a casca, e

M ij

cla-

a clara, tem virtude diuretica; e postas sobre as feridas das canelladas , logo depois dellas , curaõ-nas muyto bem.



BABA DE MOÇA
(Termo inapropriado para
menores!)



PAPOS DE ANJO



**PUDIM DE CLARAS COM BABA DE MOÇA
(um jeito de usar claras e gemas, algo mais recente)**

BARRIGA DE FREIRA



OLHOS DE SOGRA





**AMBROSIA (na Espanha e Portugal)
ESPERA-MARIDO (no Brasil)**

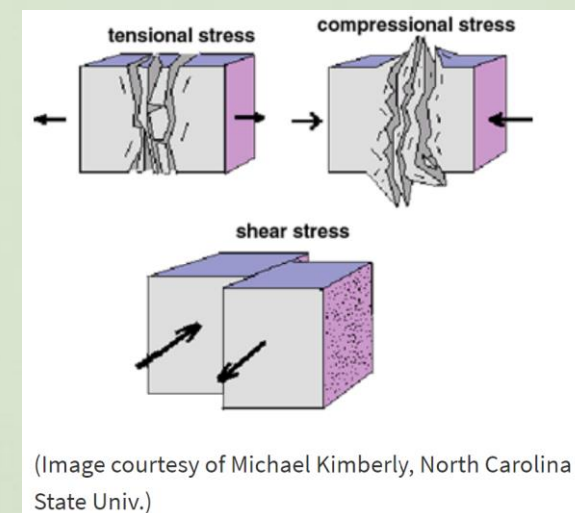
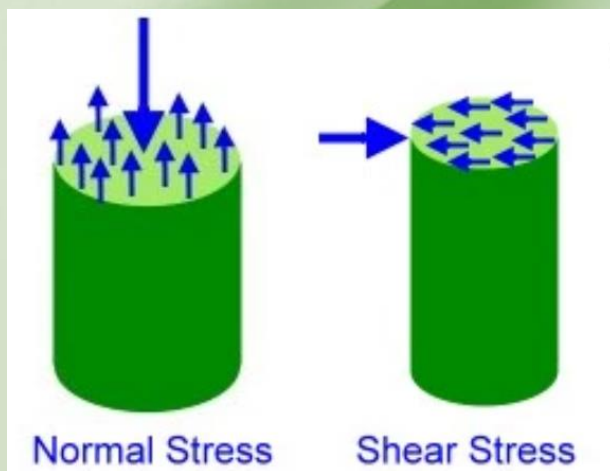
**Seria possível
descozinhar um
ovo?**



Shear-Stress-Mediated Refolding of Proteins from Aggregates and Inclusion Bodies

Tom Z. Yuan,^[a] Callum F. G. Ormonde,^[b] Stephan T. Kudlacek,^[c] Sameeran Kunche,^[d]
Joshua N. Smith,^[a] William A. Brown,^[c] Kaitlin M. Pugliese,^[c] Tivoli J. Olsen,^[c] Mariam Iftikhar,^[a]
Colin L. Raston,^{*[e]} and Gregory A. Weiss^{*[a, c]}

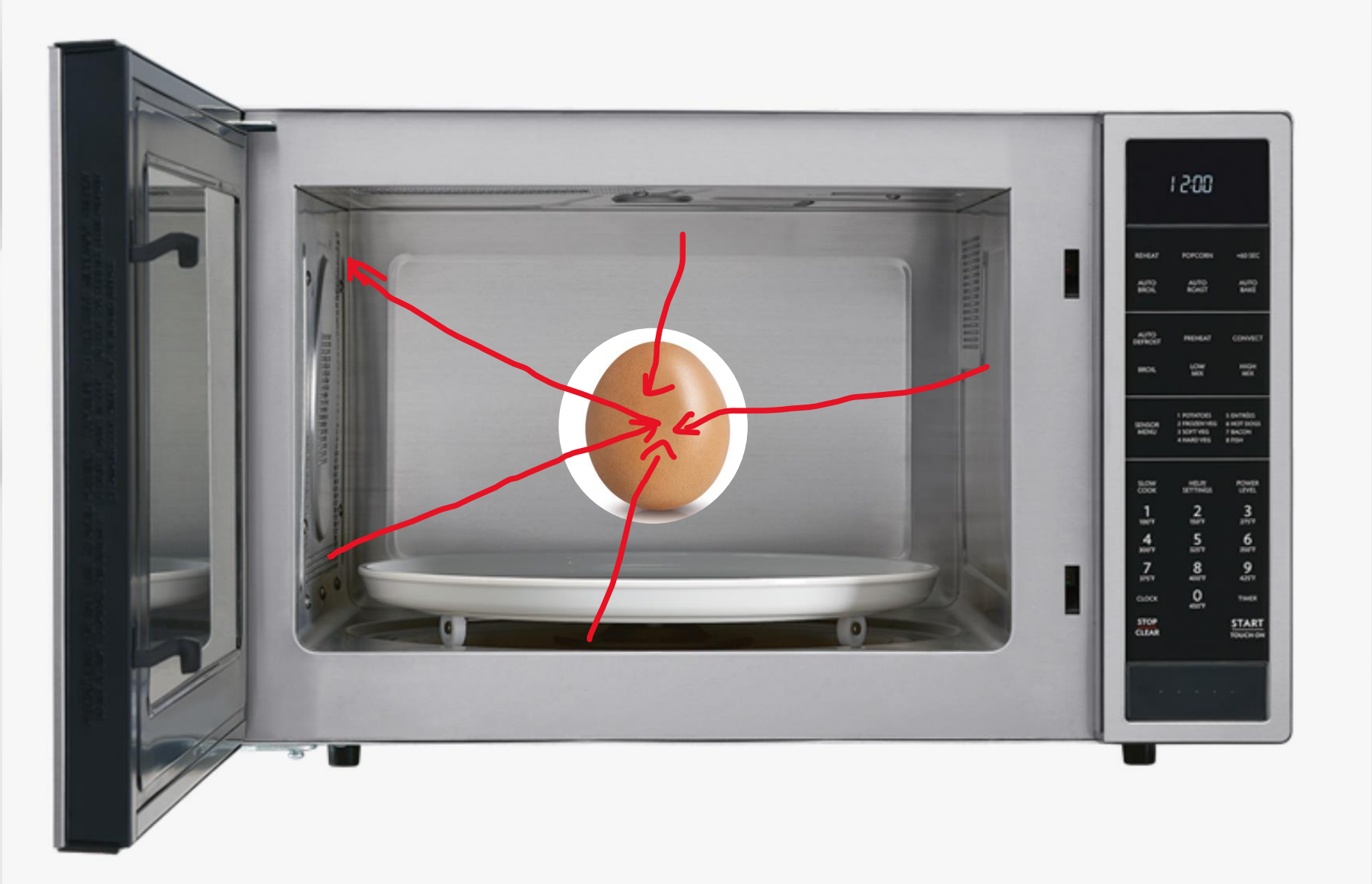
Recombinant protein overexpression of large proteins in bacteria often results in insoluble and misfolded proteins directed to inclusion bodies. We report the application of shear stress in micrometer-wide, thin fluid films to refold boiled hen egg white lysozyme, recombinant hen egg white lysozyme, and recombinant caveolin-1. Furthermore, the approach allowed refolding of a much larger protein, cAMP-dependent protein kinase A (PKA). The reported methods require only minutes, which is more than 100 times faster than conventional overnight dialysis. This rapid refolding technique could significantly shorten times, lower costs, and reduce waste streams associated with protein expression for a wide range of industrial and research applications.



**Dá pra cozinhar
um ovo de dentro
pra fora ?**







12:00

REHEAT POPCORN 40 SEC

AUTO BROW AUTO BROW

AUTO DEFROST PREHEAT CONVECT

BROIL LOW HIGH

1 POTATOES 5 ENTRERS
2 BREAD/FRUIT 6 MEAT/PIZZA
3 SOFT/HELL 7 BACON
4 HARD/YES 8 FISH

SLOW COOK HELIX SETTINGS POWER LEVEL

1 2 3

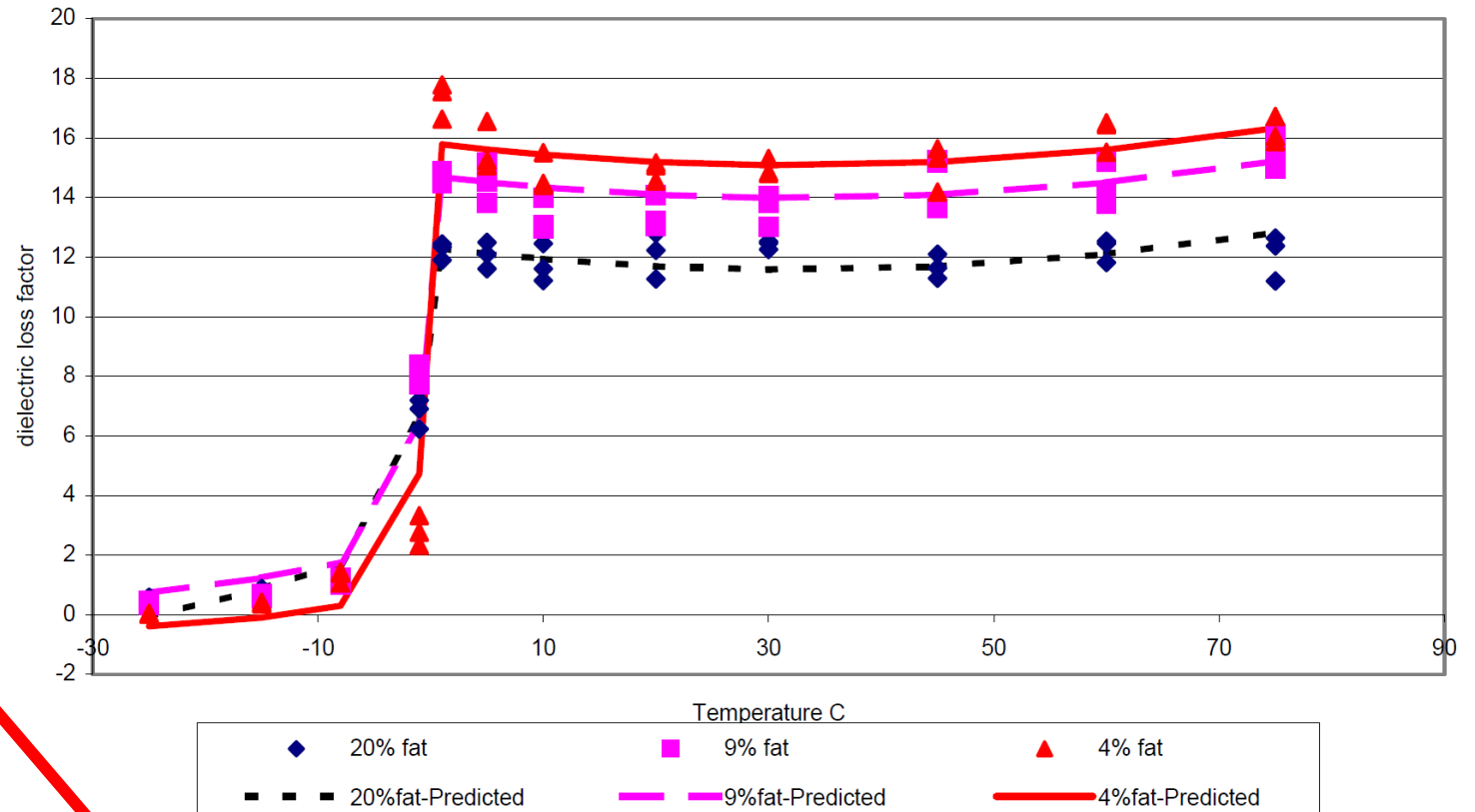
4 5 6

7 8 9

CLOCK 0 TIMER

STOP CLEAR START TOUCH ON

Fig. 4: Dielectric constant at different fat levels, at 2450 MHz




O formato do ovo permite que as microondas batam nas paredes metálicas do microondas e retornem para o centro do ovo, concentrando-se na gema.

Gema: mais gordura que a clara ⇒ gema se aquece mais rápido que a clara ⇒ a pressão se acumula rapidamente no centro do ovo ⇒ ele explode como uma bomba. Mesmo se já estiver cozido







**E o que o povo
tem a dizer?**

É no frigar dos ovos que a manteiga chia.

Estar pisando em ovos.

A galinha que cacareja ou tem ovo ou chama galo

Procurar pelo em ovo.

A galinha da minha vizinha põe um ovo melhor que a minha

Matar a galinha dos ovos de ouro.

É preciso quebrar uns ovos para se fazer uma omelete.

Para ovos frigar, é preciso partir.

Promessas e ovos foram feitos para serem quebrados.

À galinha, aparta-lhe o ninho, e pôr-te-á o ovo.

Galinha quando carareja ou botou ou está procurando galo.

À galinha, onde estão os ovos, aí estão os olhos.

Enganou o bobo na casca do ovo.

O leitão e os ovos, dos velhos fazem novos

O mundo é um ovo.

Contar com os ovos no “oviduto” da galinha.

Estar de ovo virado.

"Remember, people will judge you by your actions, not your intentions. You may have a heart of gold, but so does a hard-boiled egg." - anonymous

"You can't make an omelette without breaking a few eggs." - various sources

"This recipe is certainly silly. It says to separate the eggs, but it doesn't say how far to separate them." - Gracie Allen

"I have had, in my time, memorable meals of scrambled eggs with fresh truffles, scrambled eggs with caviar and other glamorous things, but to me, there are few things as magnificent as scrambled eggs, pure and simple, perfectly cooked and perfectly seasoned." - James Beard

"I've decided life is too fragile to finish a book I dislike just because it cost \$16.95 and everyone else loved it. Or eat a fried egg with a broken yolk (which I hate) when the dog would leap over the St. Louis arch for it." - Erma Bombeck

"A hen is only an egg's way of making another egg." - Samuel Butler

"You CAN make an omelette without breaking eggs. It's just a really bad omelette." - Steven Colbert

"Make an amiable intermediary of an egg, which comes between the various parts (of food) to bring about difficult reconciliations." - Des Essarts

"Probably one of the most private things in the world is an egg until it is broken." - M.F.K. Fisher

"An egg today is better than a hen tomorrow." - Benjamin Franklin

"Although I can not lay an egg, I am a very good judge of omelettes." - George Bernard Shaw

"I had an excellent repast - the best repast possible - which consisted simply of boiled eggs and bread and butter. It was the quality of these simple ingredients that made the occasion memorable. The eggs were so good that I am ashamed to say how many of them I consumed.....It might seem that an egg which has succeeded in being fresh has done all that can be reasonably expected of it." - Henry James

"It is beyond the imagination of the menu-maker that there are people in the world who breakfast on a single egg." - Melvin Maddocks

"I did toy with the idea of doing a cook-book.....I think a lot of people who hate literature but love fried eggs would buy it if the price was right." - Groucho Marx

"Oh, God above, if heaven has a taste it must be an egg with butter and salt, and after the egg is there anything in the world lovelier than fresh warm bread and a mug of sweet golden tea?" - Frank McCourt

“A true friend is someone who thinks that you are a good egg even though he knows that you are slightly cracked.” - Bernard Meltzer

"Noise proves nothing. Often a hen who has merely laid an egg cackles as if she laid an asteroid." - Mark Twain

"An egg is always an adventure; the next one may be different." - Oscar Wilde

“An egg of one hour old, bread of one day, a goat of one month, wine of six months, flesh of a year, fish of ten years and a wife of twenty years, a friend among a hundred, are the best of all number.” - John Wodroephe

“Put not your knife to your mouth unless it be to eat an egg.” - Hannah Woolley

PROVERBS

"When arguing with a stone, an egg is never wrong." - African proverb

"He'd offer you an egg if you promised not to break the shell." - Irish proverb

"Offer the lazy an egg and they'll want you to peel it for them." - Lithuanian
proverb

"Love and eggs are best when they are fresh." - Russian proverb

"Today's egg is better than tomorrow's hen." - Turkish proverb

**Mas vamos ficar só na
prosa ou vamos
cozinhar?**



CRÊPES AU LARD SALÉ OU OMELETTE L'ILESTOISE AU LARD






Omelete ao forno com bacon, antiga receita do Québec

Le Guide de la Cuisine Traditionnelle Québécoise de Lorraine Boisvenue Les Éditions internationales Alain Stanké, 1979, Québec, Canada




Ingredientes

8 a 10 fatias de bacon	45 g (1/3 xícara) de farinha de trigo	sal, pimento do reino, queijo, ervas (opcional)
6 ovos	250 ml (1 xícara) de leite integral	

Modo de fazer

-  Aquecer o forno a 200°C (400°F).
-  Fritar as fatias de bacon numa frigideira que possa ir ao forno. Deixe a gordura na frigideira.
-  Misture a farinha com o leite sem deixar formar grumos. Tempere a gosto.
-  Bata bastante os ovos e junte então a mistura de leite e farinha.
-  Coloque a frigideira no forno bem quente e deixe aí até dourar e ficar bem crescida, como soufflé.

Dicas e comentários:

-  A receita original não usa sal porque era feita com “lard salé”, toicinho salgado. Usando bacon a gente tem que tempera com um pouco de sal. Pode-se também adicionar um pouco de queijo ralado, pimento do reino (moída na hora, é claro!), salsinha, etc.
-  Era receita “mata-fome” e fazia os ovos renderem mais, principalmente antes da primavera começar (as galinhas botavam menos no inverno).
-  Até hoje se servem omeletes desse tipo no Québec durante as celebrações da produção do xarape de maple. Aliás, ela é deliciosa se regada com maple na hora de servir.

Pastéis de Santa Clara (Portugal)

Massa:

½ xícara (chá) de manteiga (1 tablete) gelada

1 ¾ xícaras (chá) de farinha de trigo

2 colheres (sopa) de água gelada

1 ovo

Fazer uma massa firme com os ingredientes, sem sovar demais. Embalar e deixar repousar na geladeira pelo menos por meia hora.

Recheio:

½ xícara (chá) de açúcar

1 colher (sopa) de água

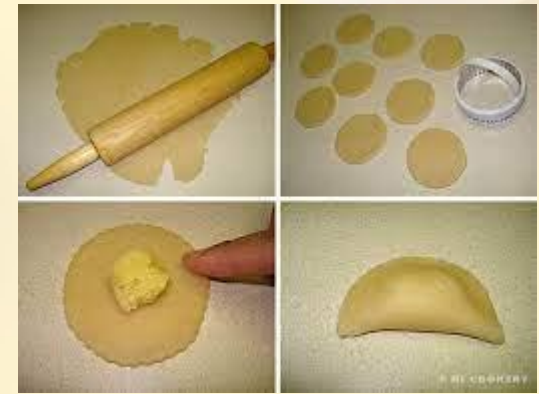
½ xícara (chá) de farinha de amêndoas

4 gemas de ovos

Aquecer o açúcar com a água e deixe ferver até formar uma calda sem caramelizar. Enquanto isso bater bem as gemas com a farinha de amêndoas. Retirar a calda do fogo e misturar a mistura de gemas, mexendo bem até ficar bem homogênea. Deixar esfriar.

Abrir a massa bem fina, cortar em rodela e colocar uma colher de chá cheia do recheio no centro. Passar água ao redor da borda e fechar. Pincelar com gema e levar a assar em forno bem quente (200oC) por uns 20 minutos. Passar em açúcar de confeiteiro ao sair do forno.

Rende 24 unidades.



**Para quem quer
aprender mais sobre
ovos, aqui estão algumas
eggxcelentes fontes:**



Egg Innovations and Strategies for Improvements

— Edited by Patricia Y. Hester —



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Fourth Edition

William J. Stadelman, PhD
Owen J. Cotterill, PhD
Editors

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Hajime Hatta
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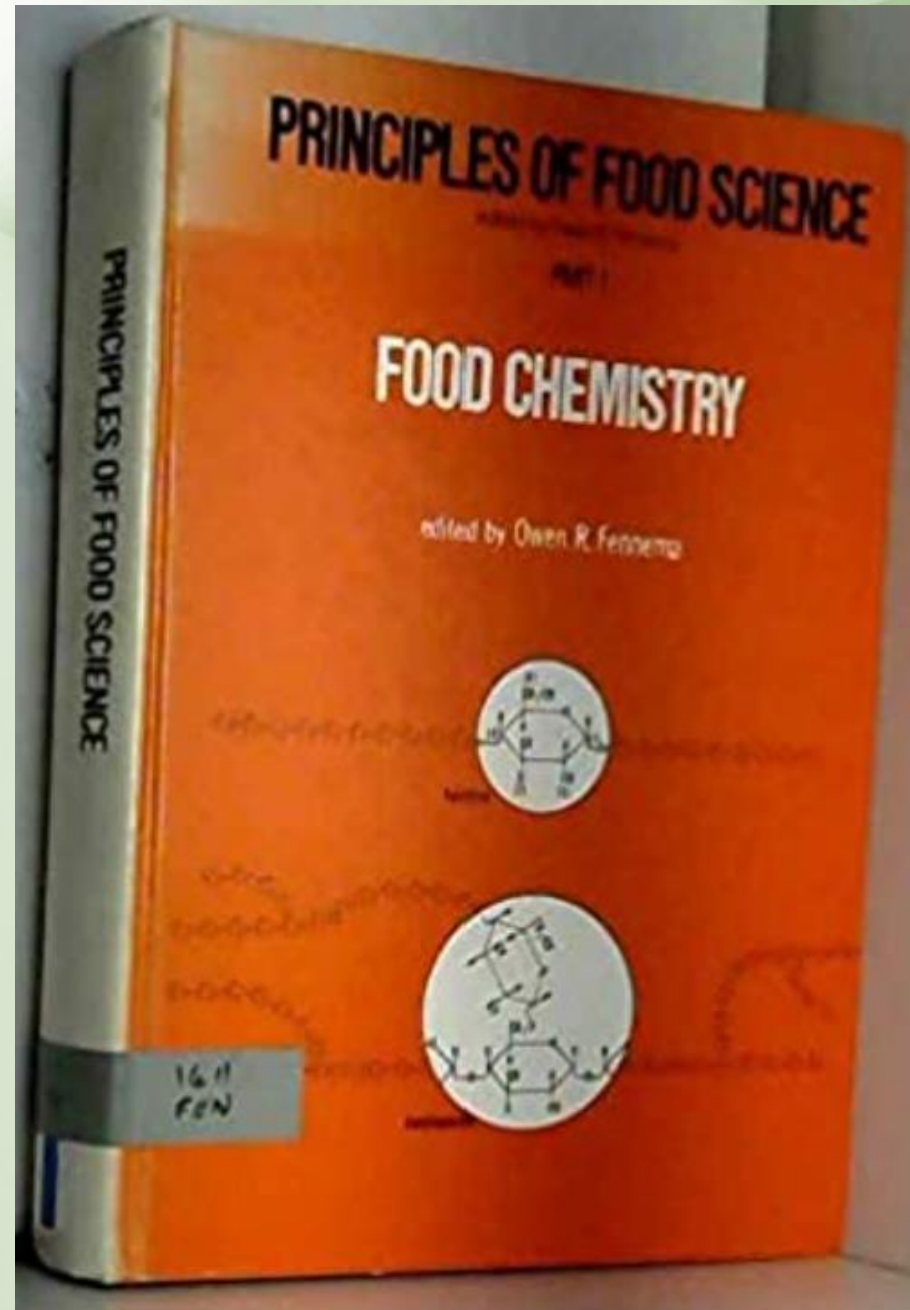
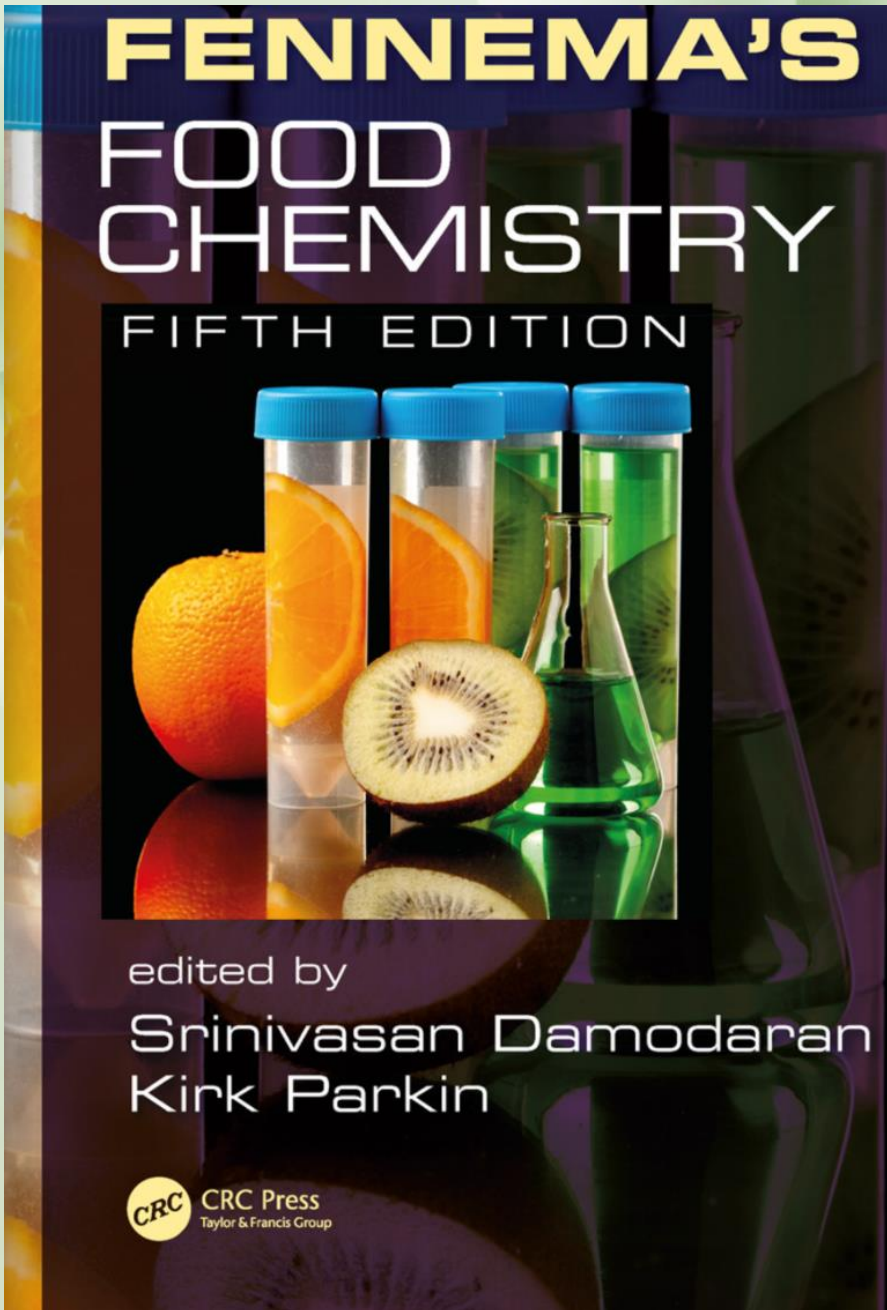
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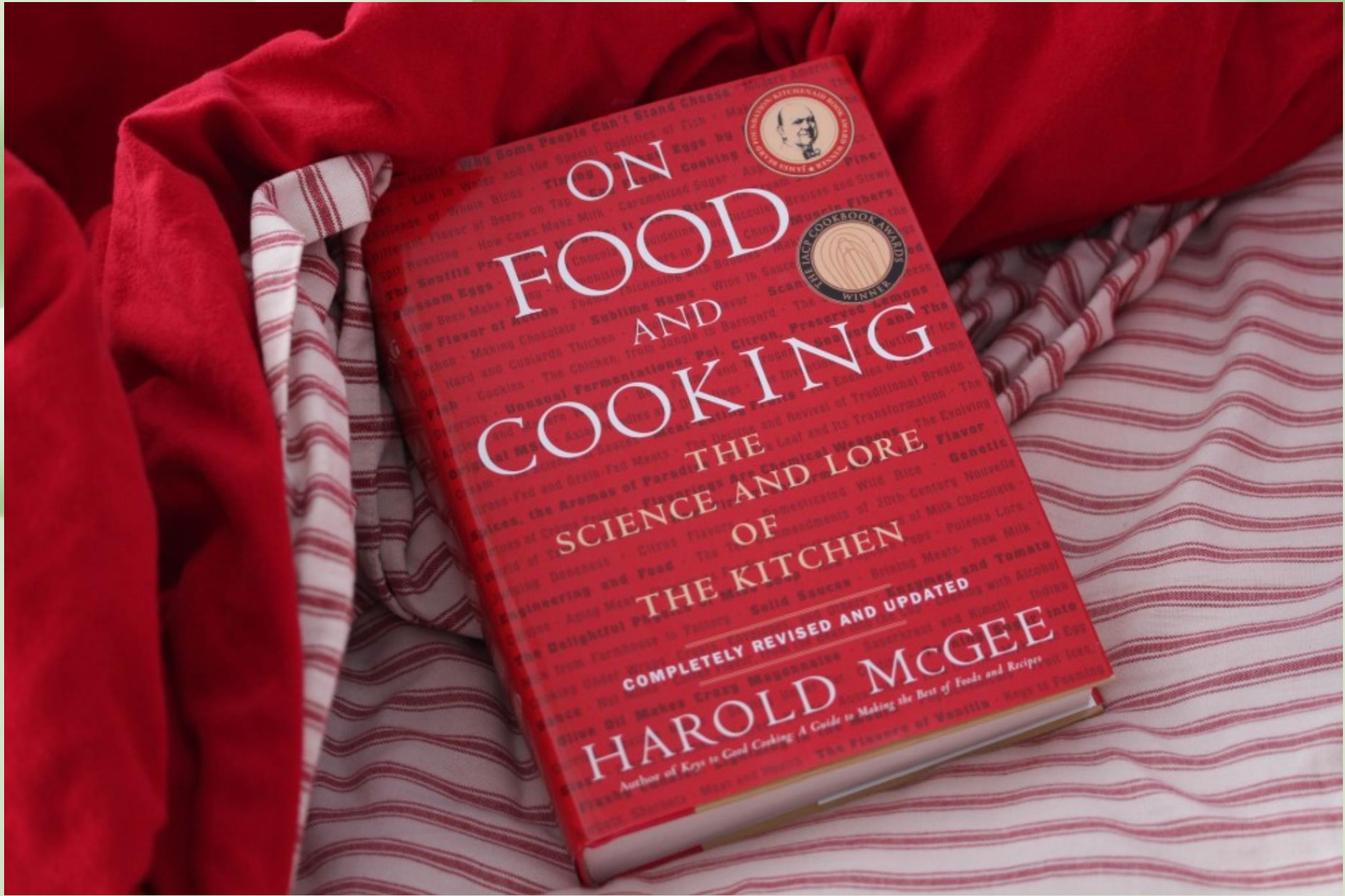
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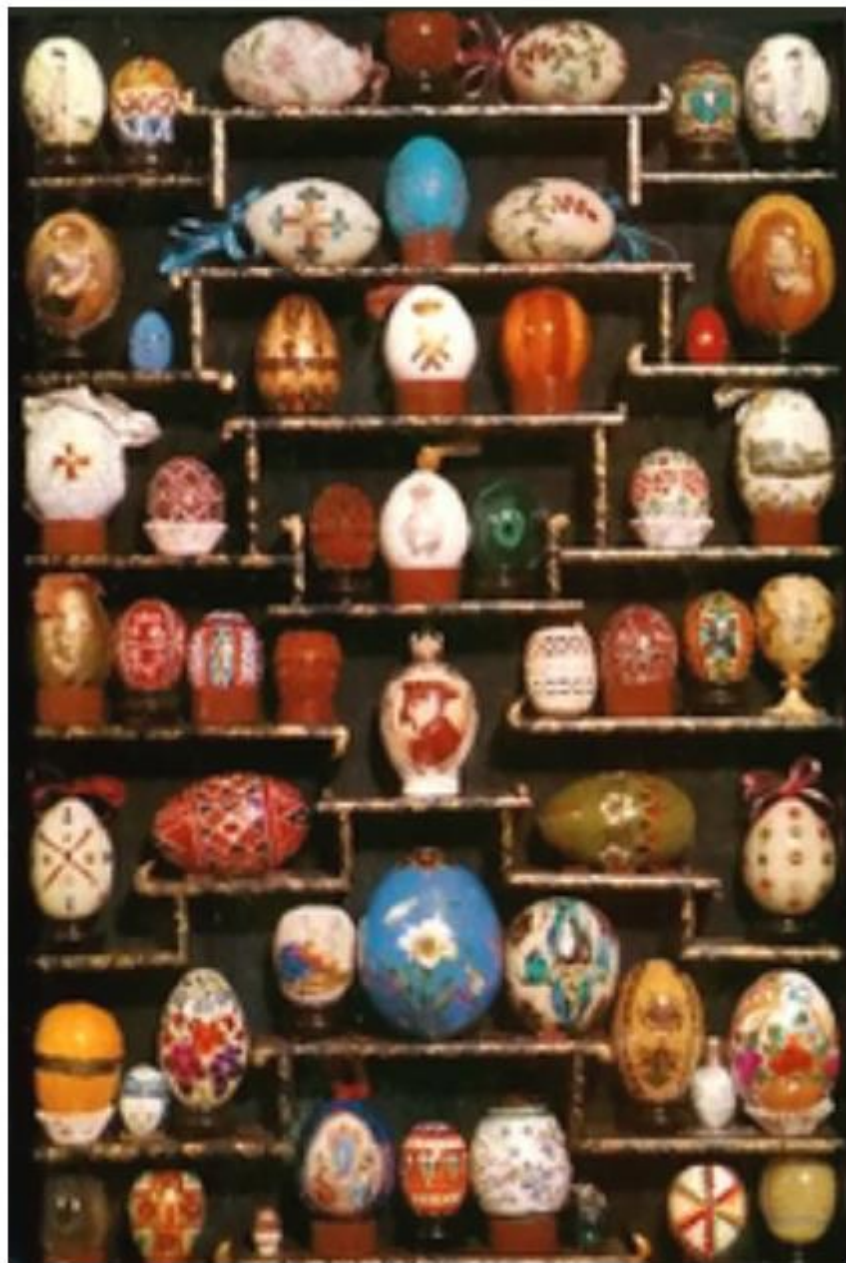
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Accipe ovum & igneo percute gladio.



EPIGRAMMA VIII

Est avis in mundo sublimior omnibus, Ovum
 Cujus ut inquiras, cura sit una tibi.
 Albumen lotum circumdat molle vitellum,
 Ignito (cen mos) cantus id ense petas:
 Vulcano Mars addat opem: pullaster & inde
 Exortus, ferri victor & ignis erit.

Michaël Maier, *Scrutinium chymicum* (Frankfurt 1617)

The Philosopher's Egg

An Egg at Easter
A Folklore Study


Venetia Newall
 M.A., F.R.G.S., F.R.S.A.

Foreword by
 Robert Wildhaber

*Je vous donne des œufs. L'œuf en sa forme ronde
 Semble au Ciel, qui peut tout en ses bras enfermer,
 Le feu, l'air et la terre, et l'humour de la mer
 Et sans être compris comprend tout en ce monde.*
 Remard: La Pitiéde



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**Obrigada! E siga-nos na
Planta.vc e no grupo ...**

**COMIDA PRA ESTAR DE
BEM COM A VIDA** ou
Instagram: @miansandra

A brown egg is positioned on the left side of the frame. To its right, a dark shadow of a chick is cast onto the surface. Above the chick's shadow, a yellow thought bubble contains the text "Piu Piu Piu! Obrigada!".

Piu Piu Piu!
Obrigada!