



The Goldring Center  
for Culinary Medicine

TULANE UNIVERSITY

## Online Class 10/03/20: Perfect Egg Cookery Shopping & Equipment List

✓	Type	Ingredient	Amount	Unit
	Dairy	Eggs	~12	each
	Dairy	Butter, unsalted	As needed	
	Dry Goods	Oil, olive or canola	As needed	
	Dry Goods	White Vinegar	As needed	
	Spice	Black Pepper	To taste	
	Spice	Salt, we recommend Kosher or Sea	To taste	
	Topping/Filling Ideas you might want ready:	Cheese of choice, fresh herb such as parsley or chives, favorite omelet fillings pre-sautéed.		

Qty	Equipment
Equipment for All Techniques	
1	Non-stick Sauté or Small Non-stick Egg Pan
1	Rubber Spatula
1	Medium or Large Pot with lid for boiling water + eggs
1	Small bowl
1	Fork
1	Slotted Spoon
1 set	Measuring Cups
1 set	Measuring Spoons
As needed	Mise en Place Bowls (small bowls, cups, or mugs)
As needed	Paper towels or non-fibrous kitchen towel
1	Serving Plate or landing spot designated for cooked eggs