

# Egg Essentials

Muhammad Shahrim Abd Karim, Hasanah Ghazali, Ainul Zakiah Abu Bakar

Eggs are symbol of fertility. For generations eggs have been used as protein that is required by our bodily functions. Not only fresh eggs are used, many preserved eggs are also popular in many countries. For the Malays, hard boiled eggs are used as gifts in many events, especially in wedding reception and thanksgiving ceremonies. Telur pindang, which is popular in the state of Johor, is a hard boiled herbal egg that is served at weddings. It has been adopted from the Chinese culture. However, in the Chinese culture, century eggs and salted duck eggs have been passed down for many generations. The Chinese produced salted duck eggs that are savored by the Malays. This is a cross-cultural element that has been practised in this country. The century eggs are prepared by the Chinese and is served as an appetizer or cold dish and served as condiments for rice porridge. Easter Sunday is celebrated by the Christians every year in April. The Easter eggs are colored eggs made in various forms from chocolate, porcelain, and real eggs as well. These eggs will be given as gifts to children during the celebration. Egg is a protein that will fulfill your needs, can be made into varieties of dishes from simple fried eggs, preserved eggs to complicated dessert such as macaroons. In sum, eggs are part of our life, covering every aspect of lifestyles – from everyday use to special festivals.

