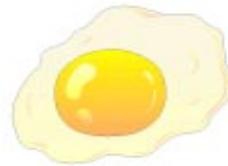


## EGG COOKING RECOMMENDATIONS



**Salmonella enteritidis** is much more resistant to heat than most *Salmonella* organisms. Different temperatures and times are used by different consumers in the preparation of eggs. According to studies conducted by Cornell University, the temperatures and times listed below should be adequate to provide the necessary time and temperature to control *Salmonella enteritidis*.

|  |   |
|--|---|
| <b>Scrambling</b><br>(electric fry pan set at 250 degrees F) | After one minute, the temperature of the scrambled egg was 165 degrees F. This means that one minute should be safe.                                  |
| <b>Poaching</b><br>(boiling water)                           | Five minutes at boiling gave rather soft-cooked poached eggs and <b>Salmonella enteritidis</b> organisms were destroyed.                              |
| <b>Sunnyside Eggs</b><br>(fry pan 250 degrees F)             | It takes a long time to get heat to the top of the egg yolk. To be safe, fry for at least seven minutes.  |
| <b>Sunnyside Eggs Covered</b><br>(fry pan 250 degrees F)     | Four minutes should be safe.  |
| <b>Fried Eggs Lightly Over</b><br>(fry pan 250 degrees F)    | Three minutes on one side and two minutes turned over should be safe.   |
| <b>Boiled Eggs in Shell</b><br>(boiling water)               | It takes a long time to heat to the center of the yolk. In seven minutes the center of the yolk was 145 degrees F and this is enough heat to be safe. |