

## Egg Cooking Recommendations

### Scrambling

Set electric fry pan at 250 degrees F. The eggs should reach 160 degrees F to be safe (about one minute).

### Poaching

Poach eggs in boiling water for five minutes for soft-cooked poached eggs.

### Sunnyside eggs

Set electric fry pan at 250 degrees F. Fry for at least 7 minutes to heat the top of the egg yolk.

### Sunnyside eggs covered

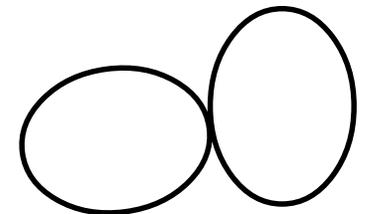
Set electric fry pan at 250 degrees F. Fry for 4 minutes.

### Fried eggs lightly over

Set electric fry pan at 250 degrees F. Fry for 3 minutes on one side and two minutes turned over.

### Boiled eggs in shell

Boil eggs for 7 minutes to heat through the center of the yolk (140 degrees F in center).



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Eggs can be a part of a healthy, balanced diet. They are an excellent source of protein and can be enjoyed at breakfast or as an entree at dinner. However, eggs are a perishable food just like raw meat, poultry and fish and should be handled, prepared and stored properly. Follow these tips for safe egg handling.

### Don't Eat Raw Eggs

Never eat raw eggs or foods that include raw eggs such as "health food" milk shakes made with raw eggs, Caesar salad, Hollandaise sauce and any other foods like homemade mayonnaise, ice cream or egg-nog made from recipes that include raw egg ingredients that aren't cooked.

### Buy Clean Eggs

Choose Grade A or AA eggs with clean, uncracked shells. Make sure the eggs have been refrigerated in the store. Any bacteria present in an egg can multiply quickly at room temperature.

### Refrigerate Eggs

Take eggs straight home and store them immediately in the refrigerator set at 40 degrees F or slightly below. Store eggs in the carton in the coldest part of the refrigerator, not the door. Don't wash eggs. Washing eggs could increase the potential for bacteria on the shell to enter the egg.

### Use Eggs Promptly

Check the "sell by date" before purchasing eggs. Use raw shell eggs within 3 to 5 weeks. Hard-cooked eggs will keep refrigerated one week. Use leftover yolks and whites within 4 days. If eggs crack on the way home from the store, break them into a clean container, cover tightly and keep refrigerated for use within 2 days.

### Freeze Eggs for Longer Storage

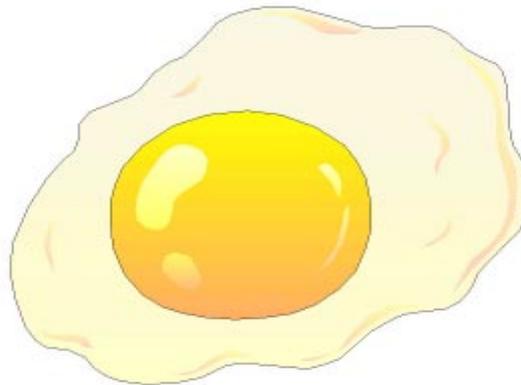
Eggs should not be frozen in their shells. To freeze whole eggs, beat yolks and whites together. Egg whites can be frozen by themselves. Use frozen eggs within one year. If eggs freeze accidentally in their shells, keep them frozen until needed. Defrost frozen eggs in the refrigerator and discard any with cracked shells.

Unopened cartons of egg substitutes can be kept frozen for one year.

### Handle Eggs Safely

Wash hands, utensils, equipment and work areas with warm, soapy water before and after contact with eggs and egg-rich foods.

Don't keep eggs, including Easter eggs, out of refrigeration for more than 2 hours. Serve cooked eggs and egg-rich foods immediately after cooking, or place in shallow containers for quick cooling and refrigerate at once for later use. Use within 3 to 4 days.



### Cook Eggs

Hard cooked eggs should be safe for everyone to eat. Those at risk for foodborne illness should avoid eating soft-cooked or "runny" eggs. However, a healthy person may choose to eat eggs that are less than totally firm. Cook eggs properly.

### Use Safe Egg Recipes

Egg mixtures are safe if they reach 160 degrees F. Home-made ice cream and eggnog can be made safely from a cooked base. Heat the egg-milk mixture gently and use a thermometer to check temperature, or be sure that the mixture coats a metal spoon.

Dry meringue shells, divinity candy and 7-minutes frosting, made by combining hot sugar syrup with beaten egg whites, are safe egg recipes.

Meringue-topped pies should be safe if baked at 350 degrees F for about 15 minutes. Chiffon pies and fruit whips made with raw, beaten egg whites cannot be guaranteed safe; instead, substitute whipped cream or whipped topping.

To make key lime pie safely, heat the lime (or lemon) juice with the raw egg yolks in a pan on the stove, stirring constantly until the mixture reaches 160 degrees F. Combine with sweetened condensed milk and pour into a baked pie crust. For meringue topping, bake as above.

For egg dishes such as quiche and casseroles, insert a knife in the center to check for doneness. The knife should come out clean.