

Purdue Extension Does...Eggs Cooked Right

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Have you ever wondered how to prevent the green ring between the egg yolk and the egg white in hard cooked eggs? There is an easy way to prepare eggs with no green tinge!

When cooking, place a single layer of eggs in a saucepan. Add cold water to come at least one inch above the eggs. Cover and bring the water to a boil; turn off the heat. Let the eggs stand covered in the hot water for 15 minutes for large eggs, 12 minutes for medium, and 18 minutes for extra large. Immediately run cold water over the eggs and when they are cool, drain and refrigerate.

Eggs prepared this way have less of a green tinge around the yolk, fewer cracks and will be easier to peel. Another tip for reducing egg-peeling frustration is to age eggs in the refrigerator for a week to 10 days prior to hard cooking. If you are fortunate to have an electric pressure cooker in your kitchen, follow your manufacturer's directions for hard cooking eggs. Eggs hard-cooked in the pressure cooker peel easily because of the cooking process.

Hard cooking eggs should kill Salmonella bacteria, but will not keep them from spoiling or getting re-contaminated. It is important to refrigerate hard-cooked eggs after cooking and to keep them refrigerated when you are not using them. Do not leave eggs out of the refrigerator for more than two hours. Remember also to enjoy your hard cooked eggs within one week of cooking.

Consumers should also follow the usual safe food-handling practices for eggs from the American Egg Board:

Buy refrigerated grade AA or A eggs with clean, uncracked shells.

At home, keep eggs in their original carton and refrigerate as soon as possible at a temperature no higher than 40 degrees F. Do not wash eggs before storing or using them. Washing is a routine part of commercial egg processing and rewashing is unnecessary.

Use raw shell eggs within five weeks after bringing them home. Use hard-cooked eggs (in the shell or peeled) within one week after cooking. Use leftover yolks and whites within four days after removing them from the shell.

Avoid keeping raw or cooked eggs and egg-containing foods out of the refrigerator for more than two hours, including time for preparing and serving (but not cooking). If you hide hard-cooked eggs for an egg hunt, either follow the two-hour rule or do not eat the eggs. (On the other hand, substitute plastic eggs for your egg hunt.)

Wash hands, utensils, equipment, and work areas with hot, soapy water before and after they come in contact with eggs and egg-containing foods.

Review traditional recipes that, when served, contain raw or under-cooked eggs. Replace with recipes that, when served, contain thoroughly cooked eggs.

Serve cooked eggs and egg-containing foods hot, immediately after cooking; or hold for buffet-style serving at 140 degrees F or higher; or refrigerate at 40 degrees F or below for serving later. Use within three to four days.

When refrigerating a large amount of a hot egg-containing food or leftover, divide it into several shallow containers so it will cool quickly.

If you would like more information, please contact Purdue Extension – Dubois County at 812-482-1782 or jmdougan@purdue.edu