

Eggs



Pan-Fry

1. Coat a skillet with non-stick spray or heat 1 teaspoon of oil until just hot enough to sizzle a drop of water.
2. Break eggs into small dish one at a time. Slide gently into pan. Immediately reduce heat.
3. Cover and cook until egg whites are completely set and yolks thicken, but are not hard. If desired, baste eggs with oil, or turn eggs to cook both sides.

Boiling

1. Place a single layer of eggs in a saucepan.
2. Add enough cool water to rise at least 1 inch above eggs.
3. Over medium heat, bring water to just boiling.
4. Cover pan and remove from heat.
5. Let eggs stand about 12 to 15 minutes.
6. Run cool water over eggs until cool enough to handle.
7. Peel and eat. Since older eggs peel easier, try to buy eggs about 5 days before hard-boiling.

Penny Saving Pointers for Eggs

- Protein supplied by eggs is high in quality and low in cost.
- Any size eggs work in most basic recipes. For baking, recipes usually call for large eggs. Three small eggs equal two large eggs.
- One egg equals one ounce of lean meat, poultry, or fish.

Safety for Eggs

- Commercially bought eggs do not need to be washed at home and washing is not recommended.
- Farm fresh eggs should be washed before refrigeration. Once collected from the chicken, dirt should be rubbed off. Wash the eggs in 90°F water. Dry eggs before placing in carton and refrigerating.
- Eggs and dishes with eggs must be thoroughly cooked to 160°F to prevent salmonella contamination.
- The yolk and white will be firm when fully cooked.
- For recipes calling for uncooked eggs, use pasteurized eggs, egg substitutes, or powdered eggs.