

Nothing Hard About It: Hard-Boiling & Egg Safety Made Easy

How-To Make Perfect Hard-Boiled Eggs & Consume Them Safely

THREE simple steps to properly hard-boil eggs:

Still haven't mastered the art of hard-boiling? All it takes is a dozen eggs and three easy steps!

1. Place eggs in saucepan large enough to hold them in a single layer. Add cold water to cover eggs by one inch. Heat over high heat until the water is boiling, then turn the heat off.
2. Remove from burner. Cover pan. Let eggs stand in hot water about 12 minutes for Large eggs (9 minutes for Medium eggs; 15 minutes for Extra Large).
3. Cool completely under cold running water or in a bowl of ice water. Peel and eat eggs immediately or refrigerate them in their shells to enjoy up to a week later.

The HARD facts for egg safety:

- **Safety first.** Eggs should be cooked until the yolks and whites are firm, or 160 degrees, because heat destroys salmonella.
- **Keep cool.** Eggs left at room temperature for two hours should be discarded, and that drops to one hour when the weather is warm.
- **Wash Up.** When using eggs, be sure to frequently wash your hands, as well as surfaces and utensils that come in contact with raw eggs.
- **Hard-boiled eggs in the shell can be refrigerated safely for up to one week.** Peeled hard-boiled eggs should be eaten that day. Uncooked eggs can stay fresh in a refrigerator for up to a month or more from purchase date.

CRACK the code – Cook & Peel Easily:

- **Boiled, but just barely.** While the cooking water must come to a full boil, the pan is immediately removed from the heat so the eggs can cook gently in the hot water which produces tender eggs and minimizes cracking.
- **Very fresh eggs can be difficult to peel.** Buy and refrigerate eggs a week to 10 days in advance of cooking them to make peeling easier. This brief "breather" allows the eggs time to take in air, which helps separate the membranes from the shell.
- **Hard-boiled eggs are easiest to peel** after cooling. Cooling causes the egg to contract slightly in the shell.
- **Peel a hard-boiled egg.** Gently tap egg on the countertop until the shell is finely cracked all over, then roll it between your hands to loosen the shell. Peel starting at the large end and hold the egg under cold running water to help ease the shell off.
- **Banish the greenish ring.** This harmless but unsightly discoloration that sometimes forms around hard-boiled yolks results from a reaction between sulfur in the egg white and iron in the yolk. It occurs when eggs have been cooked for too long or at too high a temperature.

Take Egg-stra Care – Egg Hunt Safety:

If you do plan to eat your Easter eggs after the big celebration, just follow these simple rules:

- Wash your hands between all the steps of cooking, cooling, dyeing and decorating, and be sure that all the decorating materials you use are food safe.
- Keep the eggs refrigerated as much as possible. Put them back into the refrigerator whenever you're not working with them.
- If you hide the decorated eggs, put them where they won't come into contact with pets, other animals, birds or lawn chemicals.
- After you've found all the hidden eggs, throw out any that are cracked or have been out at room temperature for more than two hours.