

Helpful Hints About Eggs

Be sure to check the expiration date on the carton and buy the one with the longest shelf life. Always store unused eggs in their cardboard carton to prevent eggs from absorbing flavors from the refrigerator.

If you have left over egg whites that you won't use in the next 4 days, freeze them in an airtight freezer container. Egg yolks can be stored in the refrigerator for up to 2 days but need to be covered in water so they don't dry out. To freeze yolks and keep them from becoming gelatinous, add 1/8 tsp. of salt per 4 yolks for savory items and 1 1/2 tsp. of sugar for sweet items. Thaw eggs safely in the refrigerator over night or by running cold water over the container before use.

To hard boil eggs, place them in a pan large enough to allow plenty of room between the eggs and cover with at least one inch of water. Bring to a boil over high heat and continue to boil for another 5 minutes. Turn off the heat and let them set for another 5 minutes. Transfer eggs to a bowl of ice water and allow them to rest and cool for another 10 minutes.