

## EASTER AND EGGS



- Unbroken, uncooked fresh eggs are remarkably resistant to bacteria and can be stored safely in the refrigerator for weeks.
- Boiling an egg causes breakdown of its natural resistance to bacteria such as staphylococci.
- Hard-boiled eggs covered with water can

absorb water through the intact shell along with any bacterial contaminants in the water.

- During cooling in a pot of cold water, the egg contents shrink, creating a suction effect that allows contaminated water to enter the egg.
- It is important not to let the cooked eggs soak in water.
- Use commercial Easter egg dyes to color the eggs.
- Hard-boiled eggs are cooked food and should not be out of the refrigerator for more than two hours.

### Tips for Cooking Hard-Boiled Eggs

1. Do not cook eggs in an aluminum pot: they can turn black.
2. Place eggs in a pot, cover them with cold water 1/2 inch above the eggs, and cook at low to moderate heat until the water comes to a boil.
3. Turn down the heat and simmer the eggs for 15 minutes.
4. Remove eggs from hot water and rinse them in cold running water.
5. Refrigerate until cool.
6. The eggs can now be colored.
7. After coloring, refrigerate eggs.

