



Food Facts Highlights:

Safety of Eggs in Uncooked Ice Cream, Eggnog & Icing

Cooking Whole Eggs for Use in Recipes

As a nutritious combination of egg whites and yolks, whole eggs should be fully cooked for assured safety in recipes that call for raw or lightly cooked eggs. The following method can be used with any number of eggs and works for a variety of recipes.

In a heavy saucepan, stir together the eggs and either sugar, water or other liquid from the recipe (at least 1/4 cup sugar, liquid or a combination per egg). Cook over low heat, stirring constantly, until the egg mixture coats a metal spoon with a thin film or reaches 160°F. Immediately place the saucepan in ice water and stir until the egg mixture is cool. Proceed with the recipe.

Cooking Egg Yolks for Use in Recipes

Because egg yolks are a fine growth medium for bacteria, cook them for use in mayonnaise, Hollandaise sauce, Caesar salad dressing, chilled souffles, chiffons, mousses and other recipes calling for raw egg yolks. The following method can be used with any number of yolks.

In a heavy saucepan, stir together the egg yolks and liquid from the recipe (at least 2 tablespoons liquid per yolk). Cook over very low heat, stirring constantly, until the yolk mixture coats a metal spoon with a thin film, bubbles at the edges or reaches 160°F. Immediately place the saucepan in ice water and stir until the yolk mixture is cool. Proceed with the recipe.

Cooking Egg Whites for Use in Recipes

Cooking egg whites before use in all recipes is **recommended for full safety**. The following method can be used with any number of whites and works for chilled desserts as well as Seven-Minute Frosting, Royal Icing and other frosting recipes calling for raw egg whites.

In a heavy saucepan, the top of a double boiler or a metal bowl placed over water in a saucepan, stir together the egg whites and sugar from the recipe (at least 2 tablespoons sugar per white), water (1 teaspoon per white) and cream of tartar (1/8 teaspoon per each 2 whites). Cook over low heat or simmering water, beating constantly with a portable mixer at low speed, until the whites reach 160°F. Pour into a large bowl. Beat on high speed until the whites stand in soft peaks. Proceed with the recipe.

Note: you *must use sugar* to keep the whites from coagulating too rapidly. Test with a thermometer as there is no visual clue to doneness. If you use an unlined aluminum saucepan, eliminate the cream of tartar or the two will react and create an unattractive gray meringue.