What is Salmonella?

Salmonella refers to a type of bacteria that may lead to food poisoning in humans and animals. Eggs, as well as other foods, are susceptible to bacterial growth. However, eggs can be protected by washing and rinsing them in cold water before cooking or eating. The enzymes found in the egg white can help prevent contamination, as well as the shell. The following precautions will help prevent Salmonella food poisoning:

1. Use only fresh, clean, unbroken and properly refrigerated eggs.
2. Avoid mixing yolks and whites with the shell. Use an inexpensive little gadget called an egg separator to help insure yolks and whites do not mix.

In West Virginia, an average year, 3500 lots of shell eggs will be inspected at over 670 establishments. All people who distribute eggs in WV must have an egg distributor permit.

What do officials check during an inspection?

WVDA regulatory officers contact grocery stores and other retail outlets to ensure shell eggs are kept in a sanitary environment, properly refrigerated, intact and undamaged, meet carton labeling rules and meet the grade and weight specified on the carton.

Storage Tips

1. Leave eggs in their original carton to help prevent them from drying out and picking up odors and flavor from other foods in the refrigerator.
2. Store eggs at 45°F with the small end of the egg pointed down in the carton. This will help keep the air cell in place and the yolk centered in the egg.
3. Place egg cartons in the coldest part of the refrigerator – an inside shelf, not in the door.

Cooking Tips

1. Most recipes are based on large eggs.
2. Hard cooked eggs peel easily if they are old. Use eggs at least one week old.
3. Cold eggs separate the easiest. Egg whites reach their greatest volume if they set at room temperature for 30 minutes before beating.
4. Cook eggs until the whites are completely set and the yolks begin to thicken. Cook scrambled eggs and omelets until thickened and no visible liquid egg remains.

The thick, ropey pieces of egg white called chalazae help anchor the yolk in the thick white. The more prominent the chalazae, the fresher the egg. This natural part of the egg does not interfere with the cooking or beating of the white.
Are white eggs better than brown eggs?

No. There is no difference in nutrients between egg colors.

Do eggs turn green?

Yes. Eggs contain 13 vitamins and numerous minerals. One egg provides 10 to 13% of the daily value for protein — as much as one ounce of lean meat, fish or poultry. Egg protein is the highest quality food protein — second only to the protein produced in a laboratory. Although the green tint does not affect flavor or change may also occur if the cooking water contains temperatures and using stainless steel cookware.

What is the condition of the yolk and the white, and any hidden spots on the yolk?

Yes. When broken out, the yolk and thick white of a Grade AA egg stands taller than that of a Grade A egg.

Why do eggs sometimes turn green?

Eggs sold at retail in cartons must be packaged in clean, unbroken, odor-free eggs. Purchase only clean, unbroken, odor-free eggs. The terms "Eggs" and "Grade and Size" are used to classify eggs as to cleanliness and shape, are used to classify eggs as to cleanliness and shape.

How many sizes of eggs are sold?

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