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July
1944

Nebraska
COOPERATIVE EXTENSION WORK
IN AGRICULTURE AND HOME ECONOMICS
U. of N. Agr. College & U. S. Dept. of Agr. Cooperating
W. H. Brokaw, Director, Lincoln

Extension
Circular
9967

FREEZING EGGS

by

Matilda Peters

To answer numerous questions, the Poultry Husbandry and Home Economics Departments conducted tests with a case of eggs in May and June, 1944. All of the eggs were broken, part of them frozen as whole eggs (whites and yolks together) and part of the whites were separated and frozen. No yolks were frozen. The eggs were in the freezer locker six to eight weeks. Statements in the circular are based on these tests.

The frozen food storage locker offers a practical solution to the problem of taking care of a part of the current egg surplus. People who have lockers will be in a position to increase the efficiency of their locker space by freezing some eggs to use during the winter.

Eggs may be frozen as whole eggs, that is yolks and whites combined, or the yolks and whites may be separated and each frozen separately.

Egg whites are the simplest to freeze since they require no special preparation. The separated whites may be placed in small glass jars or suitable paper cartons, leaving sufficient space in the top of the container for expansion during freezing. While it is perhaps preferable to sharp freeze them, it is not absolutely necessary. In using the frozen whites, they may be allowed to thaw in the refrigerator or at room temperature or by setting the container in water which is barely lukewarm. If the egg whites are to be used for angel food cake or other white cake, it is suggested that the amount of egg white called for in the recipe be placed in a single container and the amount marked on the container. Frozen egg whites will be equivalent to fresh whites in every way. As with other frozen foods, it is probably advisable to use thawed egg whites quite soon after thawing.

In freezing the whole eggs or yolks and whites together, it is necessary to break the eggs and beat the eggs so as to blend the yolks and whites. They may then be placed in containers the same as whites. These eggs are satisfactory to use wherever whole eggs are beaten in using. They may be used for scrambled eggs, plain or French omelet, French toast, custards, and many other desserts and in batters and dough such as muffins, cookies, rolls, and shortened cakes and sponge cakes in which the recipe does not require the separation of yolks and whites. Obviously these frozen eggs cannot be used for frying, poaching or in recipes which specify the separation of whites and yolks. When these frozen eggs thaw they will be considerably thicker in consistency than fresh eggs but they will blend very nicely with the other ingredients in the recipe. If desired other ingredients such as sugar, milk or water, or salt may be added to the eggs before freezing, but this may limit their use for specific recipes.

Since it is probably not desirable to try to store frozen eggs very long after thawing them it is recommended that they be frozen in such quantities as are ordinarily used. For example, a homemaker may beat up the number of eggs she usually uses for scrambled eggs and place these in a suitable sized container or if she prefers she may add milk or water and salt and mix with the eggs. Likewise she may break and beat up the number of eggs she would use in preparing custard or custard pie for her family and place these in a container.

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Small jars with screw lids or wide mouth bottles which accumulate in most homes are very satisfactory containers for freezing eggs. Waxpaper cups or cartons with tight fitting lids may also be used. Each container should be clearly labelled so the contents and amount can be easily identified.

Unless the yolk is broken up it does not freeze satisfactorily. If the yolk is left in tact it freezes hard and even. When thawed out it is impossible to blend it with other ingredients. Most homemakers have observed this in the case of eggs which have frozen accidentally in the winter time. For this reason when yolks and whites are to be frozen together they must be beaten to blend whereas the white when frozen alone need not be beaten.

It has not been found satisfactory to freeze the yolks by themselves without the addition of other ingredients such as sugar, salt, or glycerine. The ingredients added will determine the purposes for which the yolks may be used.

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