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## EC56-911 Revised 1956 Freezing Eggs

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COOPERATIVE EXTENSION WORK  
IN AGRICULTURE AND HOME ECONOMICS

U. of N. Agr. College & U. S. Dept. of Agr. Cooperating  
W. V. Lambert, Director, Lincoln

FREEZING EGGS  
Ethel Diedrichsen  
Extension Nutritionist

Freeze eggs when they are plentiful and inexpensive for use later when prices are higher. Eggs for freezing should be fresh, clean and infertile. Eggs with cracked shells should not be frozen. The whites and yolks may be frozen together or separately.

Pack eggs in usable amounts - just enough for one meal, for use in salad dressing or for cooking and baking. This makes measuring unnecessary after thawing. Use moisture vapor--proof boxes or small glass jars and allow headspace. Eggs may be frozen in muffin tins or custard cups then removed and wrapped for storage. Label giving number of eggs per package, purpose for which intended and date frozen. Eggs may be kept for 6 or 8 months at 0° F.

Whole Eggs

Break each egg into a saucer to examine it before pouring it into a clean mixing bowl. When the eggs are to be used for making cakes, sweet desserts or other baking add 1 tablespoon sugar, corn sirup or honey for each pint of liquid whole eggs. If the eggs are to be scrambled or used in omelets, custards or souffles, add 1 teaspoon of salt to each pint in place of the sugar or sirup. Mix whites and yolks together with a fork, but avoid whipping air into them. Strain the mixture through a wire sieve, package and freeze at once. The addition and thorough mixing of the sugar or salt decreases the thickness or gumminess of the thawed eggs.

Egg Yolks

Separate the eggs. Add 2 tablespoons sugar or corn sirup or 1 teaspoon of salt to each pint of egg yolks. Blend carefully but avoid beating in air. Package, label and freeze.

Egg Whites

The separated whites require nothing added and no mixing. Package, label and freeze.

Equivalent Measurements

- 11 unbeaten egg whites for an angel food cake will fill 1 pint.
- 6 egg whites can be frozen in a half pint carton for use in making white cakes or meringues.
- 8 whole eggs, blended, make 1 pint.
- 1 1/2 tablespoons thawed white is equal to 1 egg white.
- 1 tablespoon thawed yolk is equal to 1 egg yolk.
- 2 1/2 tablespoons thawed whole egg is equal to 1 egg.

Thawing

Frozen eggs may be thawed on the refrigerator shelf, at room temperature or by setting the package in cool water. Thawed whole eggs may be used just like fresh eggs in butter cakes, sponge cakes, custards, breads, pancakes and salad dressings. The salt, sugar or sirup that has been added should be allowed for in preparing recipes.

Thawed egg yolk can be used in recipes calling for fresh egg yolks. Be sure to allow for sugar, sirup or salt that was added at the time of freezing.

Thawed egg whites will make angel food cakes and meringues just as good as fresh whites. Remember that thawed eggs deteriorate quickly and should be used promptly.