

Keeping your eggs fresh

One problem people seem to mention when changing over to their own fresh eggs from "shop eggs" is the lack of a "use by date". Obviously the freshness of an egg is very important.

On our own eggs, we write the date they were laid in pencil on the shells.

We only use pencils as the shells are porous and therefore can absorb marker pen for example. We then use the oldest first. Another way is to keep 7 boxes, each with the day of the week written on and put the eggs in their corresponding box so you can easily use them in rotation.

Eggs should last for 21 days at least, as shop eggs are stamped to be eaten before day 21 after being laid.

Usual advice these days is to store eggs in a fridge but personally I don't, as eggs are tastier when cooked from room temperature. A cool room or pantry serves the purpose much better (in my opinion).

Do not store your eggs next to strong flavoured foods such as onions as they will absorb the strong odour through their porous shells.

HOW TO TELL IF YOUR EGGS ARE FRESH

Without breaking open an egg, it is possible to judge its freshness. Inside an egg (at the rounded end) is a small air pocket that is barely noticeable when it has just been laid. But as the egg gets older the air pocket increases in size, this also displaces the egg yolk within it.

Place the egg in a glass of cold water.

A fresh egg will sit horizontally on the bottom of the glass.

As an egg increases in age, the air pocket inside it gets larger and it will tilt up slightly. These eggs are still ok & may be used.

If the egg sits facing upwards, it is stale.

An egg that floats is really bad and should be disposed of carefully.



Created by Lincs Little Hens 2009