



COOKING EGGS

Cooking adventures that connect family, community, culture, math, science, language arts and social studies

145°F/63°C	Egg whites begin to thicken
150°F/ 65°C	Egg whites become a tender solid although ovomucin yolk cords will coagulate much higher. The yolk protein starts to thicken.
158°F/70°C	Egg yolks set.
165°F/73°C	Whole egg sets. If eggs are cooked at 212°F for too long they get rubbery as proteins continue to coagulate and water is pushed out from between protein molecules.

NOTES: Egg white contains approximately 40 different proteins with Ovalbumin (54%), and Ovotransferrin 12% being the major components. Ovalbumin begins to set at 180°F/80C while Ovotransferrin only begins to set when heated to 140°F/60C. Egg yolks contain lipoproteins which coagulate at about 158°F.

If eggs are cooked at 212°F for too long they will just get rubbery as proteins continue to coagulate and water gets pushed out from between protein molecules.

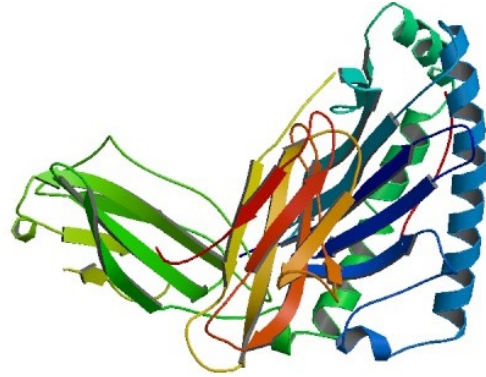
Keep in mind salmonella is killed instantly when subjected to a temperature of 165° F.



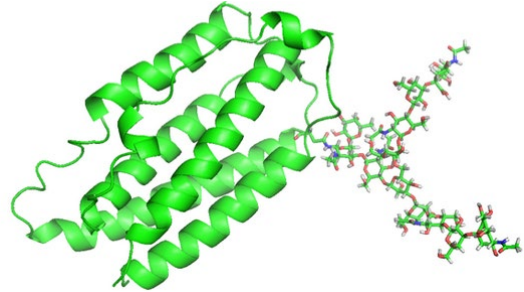
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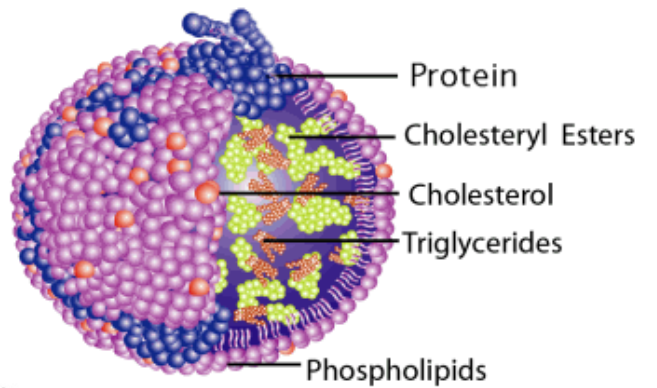
Ovalbumin ... used to make vaccines...



Ovotransferrin



Lipoproteins



Coagulate

