



Tanya Davis
Texas AgriLife Extension Service
County Extension Agent – Family and Community Health
206 S. State Street, Suite A
Decatur, Texas 76234
Ph: 940.627.3341 Fax: 940.627.8070

Wise Notes for Consumers

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Creating the Perfect Deviled Egg

Eggs are never more top of mind than during the Easter season. Last Easter, Americans ate more than 2.9 billion eggs, with demand for eggs at Easter up 6.2 percent versus 2015. As the celebration of Easter draws near, many of you may be preparing hard –cooked eggs for Easter egg hunts or your favorite Deviled Egg dish. Hard cooking an egg is relatively simple but guidelines may prove helpful.

Place eggs in a saucepan large enough to hold them in single layer. Add cold water to cover eggs by 1 inch. Heat over high heat *just* to boiling. Remove from burner. Cover pan. Let eggs stand in hot water about 15 minutes for large eggs (12 minutes for medium eggs; 18 minutes for extra-large). Drain immediately and serve warm, or cool completely under cold running water or in bowl of ice water, then refrigerate.

Although the cooking water must come to a full boil in this method, the pan is immediately removed from the heat so that the eggs cook *gently* in the hot water. This produces tender, not rubbery, eggs and minimizes cracking.

If you want to banish the greenish ring, follow these guidelines. This harmless but unsightly discoloration that sometimes forms around hard-cooked yolks results from a reaction between sulfur in the egg white and iron in the yolk. It occurs when eggs have been cooked for too long or at too high a temperature. This method of cooking eggs in hot, not boiling, water, then cooling immediately - minimizes this.

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Have you ever had a hard cooked egg that is difficult to peel? Very fresh eggs can be a challenge to peel. To ensure easily peeled eggs, buy and refrigerate them a week to 10 days in advance of cooking. Hard-cooked eggs are easiest to peel right after cooling. Cooling causes the egg to contract slightly in the shell.

Storage time: In the shell, hard-cooked eggs can be refrigerated safely up to one week. Refrigerate in their original carton to prevent odor absorption. Once peeled, eggs should be eaten that day.

Following is a recipe for Guac Deviled Eggs.

12 hard cooked eggs
1 ripe avocado
¼ cup mayonnaise, sour cream or plain yogurt
½ teaspoon salt
Dash Tabasco sauce
Garnish with ½ cup salsa and tortilla chips

Cut eggs in half lengthwise. Remove yolks and **place** into a re-sealable bag. Set whites aside. Add avocado, mayo, salt and tabasco to bag of yolks. Seal bag and mash together with hands until completely mixed. Snip one corner of bag and pipe into the egg while halves creating a small mound. Garnish with ½ piece of tortilla chip and drops of salsa. Chill to blend flavors.

The source for this information came from the American Egg Board.

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