University of California
Cooperative Extension
**Master
Food
Preserver**

## Freezing Eggs

**A GREAT WAY TO ENSURE YOU ALWAYS HAVE EGGS ON HAND**

If you're tempted by the better pricing of a 24-pack of eggs but are worried that you can't consume them before they go bad, or if you raise chickens and are finding that you're having a hard time keeping up with their egg output, then fear not.
Freeze them! It's a great way to keep stock on hand and avoid waste.  Here's how:

Break each egg into a bowl, then with a fork or whisk gently mix the yolk and white together, taking care not to whip the egg – you don't want to incorporate air.  If desired, strain the eggs through a sieve for a more uniform consistency. Once blended, pour the eggs into a freezer-safe container. If using a jar, allow ½ inch headspace between the top of the eggs and the lid to allow for expansion.

Eggs can also be frozen in ice cube trays. Standard wells will hold 3 tbsp of egg mixture (the equivalent of about 1 whole egg); jumbo trays can hold 2 eggs in each well. Pour the blended eggs into the wells and freeze, then remove them from the tray and put the egg cubes into a vacuum seal bag or a ziplock bag (removing as much air as possible). Return the bag to the freezer for storage. When needed, remove however many cubes you need for baking and cooking.

To help prevent graininess, you can add 1.5 tbsp of sugar OR 1.5 tbsp of corn syrup OR ½ tsp of salt per cup of whole eggs. Yolks and whites can be frozen separately; simply follow the same process (whites alone do not need added sugar or salt).

Be sure to label and date the eggs, whatever container type you use, before storing in the freezer. For best quality, use frozen eggs within 12 months.

*For further information, visit the National Center for Home Food Preservation (NCHFP) website at* *https://nchfp.uga.edu/how/freeze/dairy-products/freezing-eggs/.*

Brought to you by the UCCE Master Food Preservers of El Dorado County
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