



FOR IMMEDIATE RELEASE:

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Perfecting the Hard-Cooked Egg for Easter Celebrations

COLUMBUS – It's that time of year again when families stock up on dozens of eggs to prepare for decorating and holiday feasts. According to the American Egg Board, 62 percent of Americans typically purchase at least two dozen eggs to celebrate the Easter holiday.

“Last year alone, more than 164 million eggs were purchased for holiday celebrations in the United States with most moms agreeing that hard-cooked eggs are a staple for Easter,” said Jim Chakeres, executive vice president of the Ohio Poultry Association (OPA). “However, many Ohio chefs can't agree on how to cook them properly.” According to an American Egg Board survey, nearly eight out of 10 moms rated their knowledge of hard-cooking eggs as excellent or good, but when quizzed on the proper preparation method, less than three in 10 moms were actually cooking their eggs correctly.

To prepare the perfect hard-cooked egg, Ohio egg experts recommend the following steps:

1. Place eggs in a saucepan large enough to hold them in a single layer. Add cold water to cover eggs by one inch. Heat over high heat just to boiling.
2. Remove the saucepan from the burner. Cover pan. Let eggs stand in hot water about 15 minutes for large eggs (12 minutes for medium eggs; 18 for extra large).
3. Cool completely under cold running water or in a bowl of ice water. Peel and eat, or store unpeeled in the refrigerator for up to one week.

“By following these steps, it provides a gentle cooking approach that helps prevent cracking,” said Chakeres. “It also helps avoid the unattractive green ring from forming around the yolk.” Chakeres said Ohio home cooks can try this method by preparing dishes such as Bacon Tomato Ranch Deviled Eggs (*recipe below*).

In addition, egg lovers have even more reason to celebrate the incredible egg this Easter. New USDA data shows that one large egg is now 14 percent lower in cholesterol (down from 215 mg to 185 mg), and 64 percent higher in vitamin D than previously recorded. Eggs also provide 13 essential nutrients, while only containing about 75 calories. Research shows that high-quality protein, like that found in eggs, helps build muscle strength and allows people to feel full for longer, helping them stay energized and maintain a healthy weight. At an average retail cost of less than 15 cents apiece, eggs are one of the most affordable sources of high-quality protein per serving in today's marketplace.

Ohio is the second-largest egg producing state in the nation, producing more than seven billion eggs each year with an estimated retail value of more than \$585 million.

For more information on Ohio's egg farmers, visit www.OhioEggs.com.

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(recipe below)

Bacon Tomato Ranch Deviled Eggs

Serves 6

Ingredients

6 eggs, hard cooked
2 tablespoons mayonnaise
1 tablespoon mustard
2½ teaspoons powdered ranch dressing mix
1 teaspoon sugar or Splenda
2 tablespoons green onions, minced
3 tablespoons bacon pieces
3 tablespoons tomato, seeded and chopped
Salt and pepper to taste
Parsley, finely chopped for garnish

Directions

Peel and cut eggs in half lengthwise. Remove yolks to small mixing bowl. Finely mash yolks with fork. Add mayonnaise and mustard; mixing thoroughly. Add ranch dressing mix and sweetener; mixing well. Add onion and bacon; mixing well again. Gently fold chopped tomato into mixture. Add salt and pepper to taste. Fill 12 egg white halves with an equal mixture of filling. Garnish with parsley.