

GUIDE TO SIZES AND SUBSTITUTIONS



Most recipes call for large eggs. Have something else on hand? Follow this easy guide for sizes and substitutions!

Large	Small	Medium	Jumbo	Extra Large	Liquid
1 =	2	1	1	1	3 tbsp
2 =	3	2	2	2	6 tbsp
3 =	4	4	2	3	½ cup + 1 tbsp
4 =	6	5	3	3	¾ cup
5 =	7	6	4	4	¾ cup + 3 tbsp
6 =	8	7	5	5	1 cup + 1 tbsp + 1 tsp



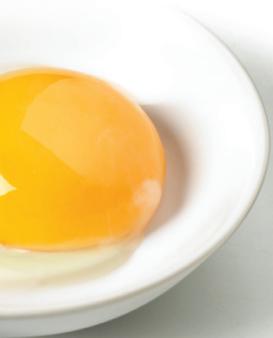
Have frozen egg whites or yolks to use? Use this reference for using frozen egg whites and yolks instead of fresh, shelled eggs.

Thawed Egg Whites

1 large egg	=	2 tbsp
2 large eggs	=	¼ cup
3 large eggs	=	¼ cup + 2 tbsp
4 large eggs	=	½ cup
5 large eggs	=	½ cup + 2 tbsp
6 large eggs	=	¾ cup + 1 tbsp

Thawed Egg Yolks

1 large egg yolk	=	1 tbsp
2 large egg yolks	=	2 tbsp
3 large egg yolks	=	3 tbsp
4 large egg yolks	=	¼ cup
5 large egg yolks	=	¼ cup + 1 tbsp
6 large egg yolks	=	¼ cup + 2 tbsp



Get to know your Ontario egg farmers.

Tonya Haverkamp



Visit www.getcracking.ca to learn more about Ontario's egg farm families.



GRADE A GOODNESS



Ontario's egg and pullet farm families care for their hens 24 hours a day, 365 days a year to ensure you always receive high-quality, Canada Grade A eggs.



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GROCERY SHOPPING TIPS



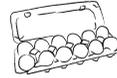
- The Best Before date stamped on the end of each egg carton indicates the length of time your eggs will maintain their Grade A quality. Eggs close to the Best Before date should be used in thoroughly cooked dishes.
- Pick up eggs near the end of your shopping trip. Pack them with frozen items to keep them cold and keep them in the coolest part of your vehicle on the way home. Place eggs in your refrigerator as soon as possible.
- Eggs are sorted by weight. All the eggs in one carton may not look the same size, but they are all within a specific weight range.



SAFE FOOD HANDLING

- Wash hands, utensils, equipment and work areas with hot, soapy water before, during and after food preparation; even when reusing for another egg mixture.
- Serve all egg dishes within two hours. Cold egg dishes and beverages should be kept on ice.

STORING EGGS



- Eggs are perishable and should be stored in their original carton in the main body of the refrigerator to ensure they are kept at a cool, consistent temperature. The carton protects the eggs from absorbing strong odours and keeps the Best Before date for reference.

Recommended Storage Times

Fresh shell eggs	Use by Best Before date
Leftover whites/yolks	Within 2-4 days
Hard-cooked eggs	Within 1 week
Prepared egg dishes	Within 3-4 days
Pickled eggs	Within 1 month
Frozen eggs	Within 4 months

WHAT'S IN AN EGG?

[ONE LARGE EGG]

Calories	70 Cal
Protein	6 grams
Fat	5 grams
Cholesterol	195 mg
Sodium	65 mg
Carbohydrates	1 g

DID YOU KNOW? Two eggs are considered one serving, according to Canada's Food Guide.

FREEZING EGGS



Whole Eggs: Beat until just blended, pour into freezer container and cover with a tight-fitting lid.

Egg Whites: Break and separate eggs, making sure no yolk gets into the white. Pour into freezer container and cover with a tight-fitting lid.

Egg Yolks: Beat in either $\frac{1}{8}$ tsp (0.5 mL) salt or $\frac{1}{2}$ tsp (7.5 mL) sugar or corn syrup per $\frac{1}{4}$ cup (50 mL) egg yolks (about 4 yolks). Pour into freezer container and cover with tight-fitting lid.

Hard-cooked Eggs: Hard-cooked egg yolks can be frozen for use later. It is not recommended to freeze hard-cooked whole eggs or egg whites as they may become tough and watery after freezing.

Make sure to label your container with the number of eggs as well as the date they were frozen. In the case of yolks, include whether you added salt (for main dishes) or sugar (for desserts or baking).

TIPS FOR FREEZING EGGS

- Thaw eggs in the refrigerator overnight and use immediately.
- For ease of use later: pre-portion eggs for freezing using a silicone ice cube tray. Once frozen, eggs can be transferred to an air-tight bag labelled with the date.
- Never freeze eggs in their shells.