



## Peeling Eggs

Why do eggs sometimes peel easily, and sometimes not? It turns out that peelability is affected by the egg's freshness.

Very fresh eggs, when hard cooked, are difficult to peel because the inner membrane of the egg sticks to the egg white.

Some cooks claim that salt in the cooking water helps the shell release more easily.

Also if you run them under cold water after cooking will help. This egg peeled very nicely.

You can tell if you overcooked the eggs, because the egg yolks will have a greenish color.

These peeled very easily.

For recipes: Contact your county extension office in Kansas or visit the website at [www.kidsacookin.ksu.edu](http://www.kidsacookin.ksu.edu)

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