

Pasteurized Eggs

Ingredients

5 Eggs

4 c Water

Instructions

1. Place a pot on the stove over medium heat. Fill with water (the water should be enough to cover the eggs).
2. Use a digital thermometer to monitor the temperature of the water and allow it to reach 140°F. Carefully add eggs to the water.
3. Maintain a steady temperature of 140°F or slightly lower, reducing heat when necessary. Remove heat after 3 minutes and rinse eggs with cold water in a mixing bowl to stop the heating process.