

7. Store the eggs in your refrigerator.

At this stage, the eggs are pasteurized. You can either use them immediately or continue storing them in the refrigerator for another 3-5 weeks.

Points to note

- Do not use chilled eggs for pasteurization. They may not warm up enough in the brief time in warm water. Room temperature eggs are better for this process as they can reach the required temperature to kill bacteria.
- If needed, add additional water to the saucepan to ensure the eggs are covered by approximately 2.5 cm of water.
- Attach an instant-read thermometer to the side of the pan, ensuring the tip is submerged in the water to accurately monitor the temperature and closely monitor.
- Keep the water temperature below 61°C to maintain the egg's consistency. In a pinch, reaching up to 65°C will not significantly affect the egg's quality. Watch for bubbles indicating the temperature, which should be around 65°C. While slightly higher than ideal, it should still work for the process.
- If the water hits 65°C or if you're pasteurizing without a thermometer, take the pan off the heat and let the eggs soak for 3-5 minutes. Rinsing them with cold water rapidly lowers their temperature, halting further cooking.

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HOW TO PREPARE PASTEURIZED EGGS



Introduction

High postharvest losses of raw chicken eggs calls for improved value addition technologies that extend their shelf life. Pasteurization of eggs is the processing of fresh table eggs through heat treatment to extend their shelf life. In this process, the shell eggs are dipped in two warm water baths with temperatures of 54.4°C and 60 °C for about five hours and in a 7.2°C cold water bath for about an hour. The pasteurization process is completed when the eggs emerge from the third (cold water) bath. The pasteurized egg can be dried for longer shelf life. The eggs are then packaged and delivered to the market.

Requirements

1. Fresh medium size eggs
2. Potable water
3. Source of heat
4. Sauce pan

Procedure

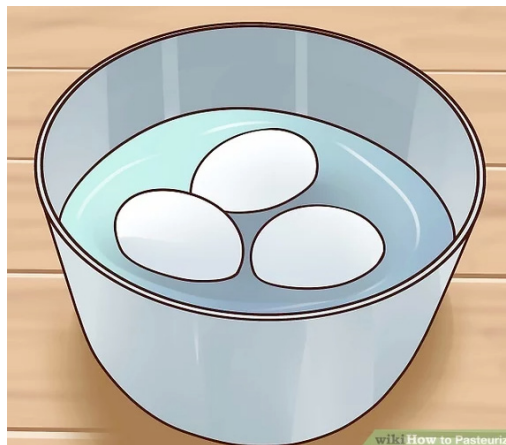
1. Use fresh, clean medium size eggs

In general, fresh eggs are safer to eat than older ones. It is important to refrain from using eggs that have exceeded their expiration date and to avoid eggs with any cracks in their shells.



2. Bring the eggs to room temperature

Remove the eggs intended for use from the refrigerator and allow them to rest on your kitchen counter for 15 to 20 minutes. Each egg shell should reach a temperature close to room temperature before continuing with any further steps.



3. Place the eggs in a saucepan of water

Fill a small saucepan halfway with cool to cold water. Gently lower the eggs into the water, arranging them in a single layer on the bottom of the saucepan.



4. Slowly heat the water

Put the saucepan on the stove (or jiko) and heat it over medium heat. Let the water reach a temperature of 60°C.



5. Maintain the temperature for three to five minutes

Maintain the water temperature at 60°C and heat large eggs for precisely three minutes. Ensure the water temperature does not exceed 61°C throughout. Adjust the stove temperature accordingly to maintain this range.

6. Rinse the eggs with cold water

Gently lift the eggs out of the water using a slotted spoon and rinse them under cold water until the shell reaches room temperature or below. Alternatively, you can submerge the eggs in a bowl of ice water instead of rinsing them under a running tap. While using running water is preferable for minimizing bacterial growth, both methods are equally effective.