

Proper Handling of Eggs

Eggs are a common ingredient for cooking and baking. Shell eggs may contain *Salmonella* bacteria that can cause food-borne illnesses. Observe the following good practices when handling eggs.



Ensure that egg shells are clean and not cracked upon receiving. Bacteria can enter eggs through the cracks in their shells.



Wash your hands thoroughly with soap and water before and after handling eggs.



Pooling of eggs poses higher risk of contamination. Pool the number of eggs you require just before use and cook them thoroughly. Consider using pasteurised liquid egg when you need large quantities of liquid egg mixture.



Cook eggs thoroughly until both the yolk and white are firm.



Use pasteurised egg products for food that would be lightly-cooked or uncooked. Store these egg products as recommended by the manufacturers.

正确处理鸡蛋的方法

鸡蛋是烹饪和烘焙常见的食材。鸡蛋中可能含有会导致食源性疾病的沙门氏菌。当处理鸡蛋时，务必要遵循下列良好的习惯。



接收鸡蛋时，检查蛋壳表面，以确保蛋壳表面干净且无裂缝。否则，细菌可通过蛋壳裂缝进入鸡蛋。



处理鸡蛋前后，用肥皂和清水将手彻底洗干净。



事先将蛋打散（又称“pooling”）可能会增加鸡蛋受污染的风险。打散的鸡蛋，须立即使用并彻底煮熟。需要大量的液体鸡蛋时，请使用巴氏灭菌法加工（pasteurised）过的液态鸡蛋。



将生蛋彻底煮熟，直到蛋白和蛋黄成为固体。



使用巴氏灭菌法加工（pasteurised）过的鸡蛋来制作轻煮或生食品。请按制造商的建议储存蛋制品。