

Smells Fine But Is It Safe?

Why your nose cannot detect the most common egg bacteria

The Nose Knows Nothing Here

Salmonella has no smell, no off-taste, and no visible change. An egg that passes every sensory check can still carry bacteria that makes a family very sick.

Source: [Food Poisoning News](#)

Bacteria Enter Before the Shell Forms

Salmonella can colonise a hen's oviduct and contaminate the egg before its shell hardens. A smooth, uncracked shell tells you nothing about what is inside.

Source: [Discover Magazine](#)

Float Test Measures Age Not Safety

A floating egg has a larger air cell and is simply older, but older does not mean dangerous. A sinking egg is not automatically safe either. Age and bacterial risk are different things.

Source: [Healthline](#)

Only Heat Actually Kills It

Cook eggs until both yolk and white are fully firm. At 71°C (160°F) Salmonella is destroyed. No sniff test, float test, or visual check can replace this one step.

Source: [Science Insights](#)

Cold Slows Growth, Heat Kills It

Keep eggs in the main fridge compartment, not the door where temperature swings are higher. Cold slows bacterial growth but only thorough cooking eliminates the risk.

Source: [American Egg Board](#)

Droppings and Bedding Are the Risk at Source

Salmonella spreads through contaminated droppings and bedding in a hen's environment and can reach the egg before and after the shell forms. Hens raised in clean, well-managed conditions carry far less risk into every egg they produce.

Source: [Discover Magazine](#)

IN SHORT

In a Multan kitchen the safest morning starts with eggs from a clean flock, cooked through. Trust the source, then trust the heat.

References

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