



The Truth About Freezing Eggs

Most cooks think eggs can't be frozen. Food science says otherwise.

Never Freeze Eggs In The Shell

A whole egg freezes and cracks its shell as the contents expand. Penn State Extension notes the freezing point of a whole egg is 31°F, and a cracked shell means discard it.

Source: [Penn State Extension](#)

Cracked And Beaten, They Freeze Well

Beat whole eggs, pour into a sealed container, and freeze. USDA guidance, cited on the American Egg Board's site, says properly frozen eggs hold quality for up to a year.

Source: [American Egg Board](#)

Frozen Yolks Turn Gel Like Alone

Raw yolk gels and thickens when frozen, so it stops blending smoothly. A small pinch of salt or sugar per portion, per the egg board, keeps it workable after thawing.

Source: [American Egg Board](#)

Whites Freeze Without Any Fuss

Egg whites have no fat to disrupt, so they freeze and thaw cleanly with no additives needed. Pour into a container and they are ready for meringue or an omelette later.

Source: [American Egg Board](#)

Thaw Slow, Then Cook Fully

Thaw frozen eggs overnight in the fridge or under cold running water. Use them only in dishes that cook all the way through, per the American Egg Board's guidance.

Source: [American Egg Board](#)

IN SHORT

A good egg deserves good handling, fresh from the carton or thawed with care on a Multan morning.

References

1. [Penn State Extension](https://extension.psu.edu/how-freezing-affects-egg-quality) <https://extension.psu.edu/how-freezing-affects-egg-quality>
2. [American Egg Board](https://www.incredibleegg.org/recipes/cooking-school/can-i-freeze-eggs/) <https://www.incredibleegg.org/recipes/cooking-school/can-i-freeze-eggs/>
3. [American Egg Board](https://www.incredibleegg.org/recipes/cooking-school/can-i-freeze-eggs/) <https://www.incredibleegg.org/recipes/cooking-school/can-i-freeze-eggs/>
4. [American Egg Board](https://www.incredibleegg.org/recipes/cooking-school/can-i-freeze-eggs/) <https://www.incredibleegg.org/recipes/cooking-school/can-i-freeze-eggs/>
5. [American Egg Board](https://www.incredibleegg.org/recipes/cooking-school/can-i-freeze-eggs/) <https://www.incredibleegg.org/recipes/cooking-school/can-i-freeze-eggs/>



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