

Unless you have any food intolerances or are following a particular diet (vegan, for example), you will always have eggs in your fridge. For this, I think it might be helpful to spend a few words on this topic.

Let's start with a bit of information:

- For hygiene reasons you should wash the eggs before you use them, mainly to avoid bacterial contamination. For example, did you know that the infamous **Salmonella bacteria** is on the egg shell and not inside? That's a good reason to remember to wash eggs and, above all, wash your hands properly after handling them.
- Nowadays, every egg has an expiration date printed on its shell, but if you buy eggs from a local farm with no date, there is a way of finding out if they're still fresh. You need a bowl filled with water and a teaspoon of salt. Put the egg in the water: if it stays horizontal on the bottom, it's fresh; if it stays on the bottom but vertical (with the top towards the surface) it means that it's a less fresh (so it's better to have it cooked, not raw); if it floats, it's expired (inside there is gas).
- Another helpful piece of information is to know about the code printed on the shell. For example **OUK54321**.

Let's see, number by number, what it means :

0 : livestock type

UK: Country of production

54321: Farm ID

- Sometimes the image of free and happy chickens that we have in mind is not the reality. Everything depends on the different **livestock farming methods**. For chickens, there are 4 types: 0-1-2-3.

0: Organic livestock: rustic chickens living outdoors, free to forage and live in the sun. They eat organic feed..

1: Free range: chickens live outdoor for just few hours every day, where they can eat and lay eggs.

2: Deep litter (indoor housing): chickens live in big hangars with artificial light, where they spend all day (so they eat and lay eggs there).

3: Cage farming: chickens live in ridiculously small cages with barely room to move. Here chickens lay their eggs that are collected by a conveyor belt.

- Another information you can find on the egg box is the egg size: XL, L, M,S.

XL: weight over 75 gr

L: weight between 65 gr and 75 gr

M: weight between 55 gr and 65 gr

S: less than 55 gr

- The last useful bit of information is about the weight of every single egg component, really good to know when some recipes call just for yolks or egg whites.

For a medium egg:

- a whole medium egg without shell weighs 50 gr:
- an egg yolk weighs more or less 17/18 g
- an egg white weighs more or less 31/32 gr
- the shell weighs 6 gr

Well, we said lots of thing about eggs, it's time to bake... what do you thing about some nice butter biscuits to have with custard? Why not!