



## PRESERVING EGG YOLKS WITH SALT

### TIME:

PREP TIME: 20 MINUTES,  
PLUS 7 DAYS TO DRY  
COOK TIME: 1½ TO 2 HOURS

### CATEGORY:

RECIPE, EXPERIMENT

### MATERIALS:

1 (26-OUNCE) CONTAINER SALT  
12 LARGE EGGS  
LARGE, FLAT FOOD STORAGE  
CONTAINER WITH LID  
SOUP SPOON  
BAKING SHEET  
WIRE RACK  
SMALL BOWL OF WATER  
ZESTER (OPTIONAL)



Salt-cured egg yolks were a staple in 5th-century China. Today, they're popular as a tasty condiment grated over pasta or salad. By covering gooey yolks in salt, moisture leaves the eggs. The result is a firm, cheese-like, sunny disc. The salt takes many days to do its work, but it's worth the wait!

**Safety First!** Ask for permission or help using the oven.

### PREP WORK:

1. Cover the bottom of a food storage container with half the salt.
2. Use the back of a soup spoon to make a small dent in the salt for each egg yolk.
3. Separate the egg yolks from the egg whites, one at a time. Discard the egg whites (or save for another use).
4. Carefully place each egg yolk into a dent in the salt.
5. Cover the egg yolks with the remaining half of the salt, until the yolks are completely buried in salt.
6. Seal the lid on the food storage container. Store in the refrigerator for 6 or 7 days.

### INSTRUCTIONS:

1. Preheat the oven to 150°F or the lowest temperature.
2. Place a wire rack on a baking sheet.

3. Remove the salted eggs from the refrigerator. Use your fingers to carefully unbury each egg yolk, one at a time.
4. Rinse the egg yolks, one at a time, in a small bowl of water to remove excess salt.
5. Gently place each egg on the wire rack.
6. Place the egg-lined rack and baking sheet in the oven for 1½ to 2 hours.
7. The eggs should be firm, like hard cheese. Cool for 15 minutes.
8. Use a zester to grate yolks over warm pasta or toast.

## THE JOURNAL ENTRY

1. *Observe the texture of your egg throughout the salting process. What words describe the egg yolk when it first comes out of the shell? Is it wet? Delicate? Hard?*
2. *What words describe the egg yolk after salt curing for a week? Write them and compare them to the words used at the start of the experiment. How did the salt change the yolks?*
3. *Did the salt change textures? If salt removes water from the yolk through osmosis, where did the water go? Is your salt wetter after a week?*

## CONCLUSION:

Salt works hard to dry and preserve our food. Over many days, through the process of osmosis, salt removes water from food, leaving a dried treat that will last for weeks, sometimes years. These egg yolks are transformed with salt!

## TIPS

- ➔ Use eggs from a farmers' market if possible. The yolks will have a brighter color and fuller flavor.
- ➔ Handle the eggs gently before drying in the oven—they are slippery and dent easily.
- ➔ Preserved eggs will keep in the refrigerator for at least 4 months.