

How long do boiled eggs last?



Hard-boiled eggs should be kept in the refrigerator and eaten within 5 days.

If you leave hard boiled eggs in the fridge any longer than this, the salmonella risk starts to rise very quickly.

The reason hard boiled eggs don't last as long as raw eggs is that in cooking the eggs, a natural protective chemical layer (produced by the mother hen) is washed off the porous eggshell, allowing germs to enter.

So eat boiled eggs fairly soon after boiling them and you will have no problems. Do remember that well boiled eggs (6 minutes or more) have practically no risk of Salmonella while lightly boiled eggs may still have a small risk.

One the subject of eggs, here is the definitive guide to...

Boiling an Egg

Fill a saucepan with enough cold water to cover your egg. **If the egg floats then it is too old and should be thrown away.** Remove the egg, and turn on the heat, bringing the water to a strong rolling boil.

Take the lid off and reduce the heat to a simmer. Place your eggs in the water and let them simmer for... Well it depends on the size of the egg and how hard or runny you like them

4 minutes is usually the minimum for a small soft boiled egg and a large hard boiled egg can take about 12 minutes. Somewhere in between is your perfect egg.

If you want a hard boiled egg but intend to eat it later on in the day, you should **cool it rapidly under a tap.** If a hard boiled egg cools slowly it sometimes gets a totally harmless but unappealing green colour around the yolk.