Here is the E-media recipe (I didn't have it typed up!)

For 50X E stock:

10 g MgSO4-7 H20

100 g Citric acid- 1 H20

655 g K2HP04- 3H2O

175 g NaNH4HPO4- 4H2O

 Heat 500 mL dH2) on stirring block but do not boil

Add the chemicals one at a time, allowing each to sdissolve completely

Bring to 1000 mL with dH20- filter sterilize

cool in refrigerator

To make E-glucose plates:

Add 20 mL of 50x E to 500 mL dH20. autoclave

Add 15 g Bacto-agar to 500 mL dH20. autoclave

After autoclaving add 10 mL of 20% glucose

Swirl to mix the solution and pour plates

To make 2x E liquid medium:

Add 20 mL of 50x E to 980 mL dH20- mix and autoclave

Add 10 mL of 20% glucose