

Soft or Hard Boiled Eggs



Tips before you start

1. If possible (but don't make yourself crazy trying to figure this out), use **eggs** that are 3-5 days old or older (but less than a month) to make peeling the **egg** easier as the whites of **fresh eggs** tend to stick to the shell.
2. Cooking **eggs** in continually boiling water will give you rubber eggs. This recipe is designed to be the surest and safest way to avoid that result.

Cooking Time: 8-20 minutes depending on soft or hard boiled desired doneness, including time to bring water to a boil.

Ingredients

1-2 Eggs per person (no cooking or flavor difference between brown and white eggs)
Salt & Pepper (optional)



Equipment

Smallest Sized Cooking Pot with Top that can hold the number of eggs you want to cook without crowding
Cooking Timer (egg timer, stove clock (both shown here or any time piece)



1. Put the **raw eggs** in the pot.



2. Add cold tap water until the **eggs** are covered over with about 1/2 inch of water as shown.



3. Put the pot on the stove (1) and turn the burner heat to **HIGH** (2).

(1)



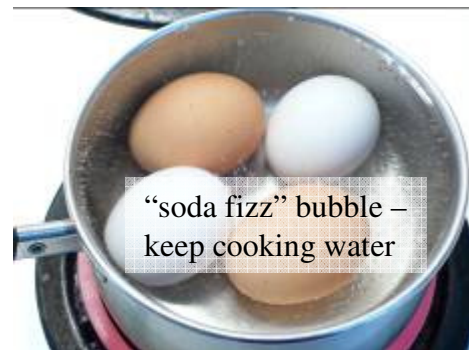
(2)



4. Let the water come to a full, rapid, big bubble boil as shown below. This should take 3-5 minutes (See **Tip** about how boiling water should look below).



(**Tip:** A small bubble, “soda fizz” boil as shown below is not a full boil. Not waiting long enough for a full boil above will result in **undercooked eggs.**)







5. As soon as the water comes to a full boil, turn off the burner,...



...transfer the hot pot to a cool burner, cover the pot with the top and...



...set the cooking timer according to the desired **egg doneness/consistency** as shown in the table below.

Doneness	Egg Consistency	Consistency Photo	Cooking Time
Very Soft Boiled	Slightly Runny Egg White, Liquid Yolk		3 Minutes
Soft Boiled	Just Set Egg White, Creamy Yolk		4 Minutes
Firmer Soft Boiled	Egg White Set, Yolk Still Wet In Middle		5 Minutes
Hard Boiled	Firm Egg White and Yolk		15 Minutes

6. Use the pot top as a dam as shown to keep the **cooked eggs** in the pot and drain the hot water into the sink.



7. Cover the **cooked eggs** with ice and...



...cold tap water as shown and let them sit for a minute or two until the **eggs** are cool enough to handle comfortably (for **hard boiled eggs**, see **Tip** below).



(**Tip:** In addition to making the **hard boiled eggs** cool enough to handle, cooling as shown above stops the cooking process ensuring a **yellow yolk** as shown in (a) below instead of the unappealing grey/green tinge covering the **yolk** shown in (b) below that can appear - but does not affect **egg** flavor - if the **eggs** are not cooled after cooking.)

(a)



(b)



9. To remove the shell from a **cooked egg**, do as follows according to whether you're going to eat the **soft** or **hard boiled egg** out of the shell or completely shell free.

Partially Peeling a Soft or Hard Boiled Egg

(1) Tap, roll and crack the shell of the top half of the **egg** repeatedly against a firm surface (sink edge, table top...)



(2) Peel away the cracked top half of the shell and thin, white membrane.



(3) Rinse the **egg** under cool running water if needed to remove any small shell pieces.



(4) Eat the **egg** out of the shell with a spoon.



Peeling the Shell from A Whole Boiled Egg

(1) Tap, roll and crack the shell of the **whole egg** repeatedly against a firm surface (sink edge, table top...)



(2) Peel off the entire shell and thin, white membrane.



(3) Rinse the **egg** under cool running water if needed to remove any small shell pieces



10. **Boiled eggs** of any desired doneness above can be eaten as is or with **salt** and/or **pepper** to taste.



(Yah, I know: you've gotta' be a real man/woman to eat an **egg** out of an egg cup with feet on it)