

# Safe & Easy Soft or Hard Boiled Eggs



## TIPS:

1. These picture book directions show how to cook **soft or hard boiled eggs** using the safest and easiest cooking method I know.
2. **SAFELY COOKED VS. UNSAFELY UNDERCOOKED BOILED EGGS.** Boiled eggs are safely cooked when the egg

**white** is completely white and no longer runny as shown in the left **Safely Cooked Boiled Egg** photo below. The photo on the right, **Unsafe, Undercooked Boiled Egg**, shows an **unsafely undercooked soft boiled egg** with an **egg white** that is still partially clear and slightly runny.



**Safely Cooked Boiled Egg**



**Unsafe, Undercooked Boiled Egg**

3. To make peeling the **shell** from **boiled eggs** as easy as possible, use **eggs** that have been in your refrigerator for at least 5-7 days as the **egg whites** and **membranes** of **fresh eggs** tend to stick to the shell.

4. Using the cooling technique shown in step 7, especially for **hard boiled eggs**, will help ensure the **egg yolks** turn out bright yellow as shown in the left photo below and not yellow-green in color as shown in the right photo below, though **yellow-green colored yolks** are completely safe to eat.



Properly cooked and cooled hard boiled egg



Overcooked and/or improperly cooled hard boiled egg

**Cooking Time:** 10-25 minutes, including time to bring water to a boil, depending on egg size and soft or hard boiled desired doneness.

## Ingredients

**1-2 Eggs per person** (no cooking or flavor difference between white and brown eggs)

**Salt** (optional)

**Ground Black Pepper** (optional)



## Equipment

**Pot with Top** (use the smallest pot possible without the eggs overlapping each other)

**Cooking Timer**



1. Put **raw eggs** straight from the refrigerator into a small pot making sure not to let the **eggs** overlap on the pot bottom.



2. Add just enough **cold tap water** to the pot to cover the **eggs** with about 1/2 - 1 inch (1.5 - 2.5 cm) of water.



3. Put the pot on the stove, and turn on the burner to **HIGH** heat.



4. Let the water come to a full, rapid, big bubble boil as shown in the **full boil** photo below (left), not just a small bubble “soda fizz” boil shown in the **NOT a full boil** photo below (right), to help ensure the **boiled eggs** cook properly to desired doneness.



**full boil**

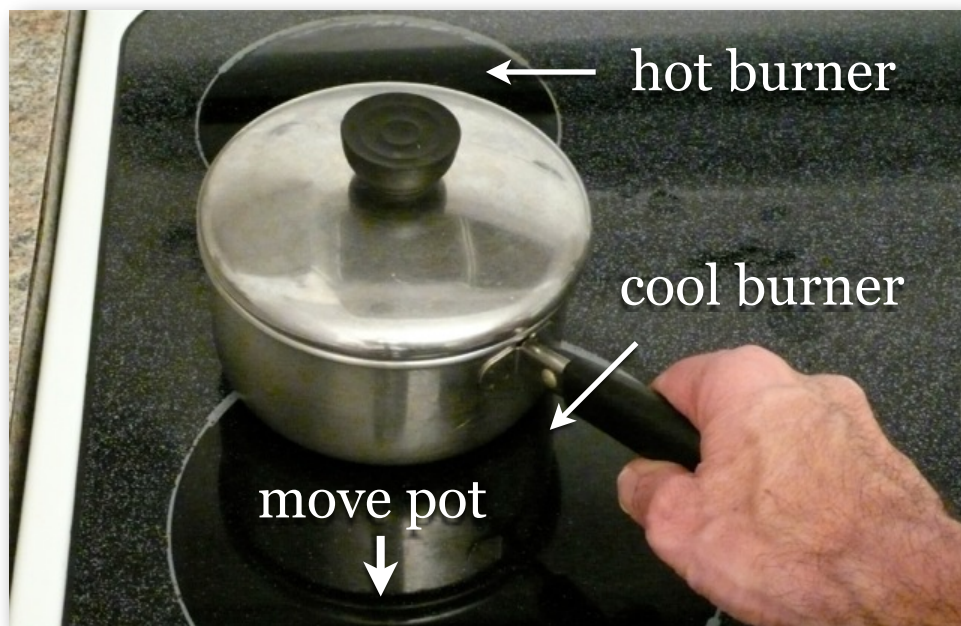


**NOT a full boil**

5. As soon as the water comes to a full, big bubble boil, turn off the burner heat, cover the pot with the pot top,...









...transfer the hot pot to a cool burner, and...



...set a timer for the cooking time that corresponds with desired **boiled egg** doneness and consistency as shown

in the following table. **NOTE: Eggs** are available in different sizes; egg size is printed on egg cartons. Cooking times suggested here apply to **medium** and **large sized eggs**. Add 1-2 minutes when cooking **extra large eggs**.

Desired Egg Doneness	Egg Consistency Description	Egg Consistency Photo	Cooking Time in Minutes
Tender Soft Boiled Egg	<b>Egg white</b> has just become firm and is white throughout, not clear. <b>Yolk</b> is liquid.		
Semi-Firm Soft Boiled Egg	Firm <b>egg white</b> and partially liquid <b>yolk</b> center.		
Hard Boiled Egg	Firm <b>egg white</b> and <b>yolk</b> .		

6. When the timer sounds, use the pot top to keep the **cooked eggs** in the pot while carefully draining the hot water into the sink.



7. Cover the **cooked eggs** with **ice** and **cold tap water**, and let them rest for 1-2 minutes until the **eggs** are cool enough to peel comfortably. For **hard boiled eggs** in particular, using this cooling method will help ensure the **egg yolks** are bright yellow in color and not greenish-yellow as shown...



...in these two pictures. **NOTE:** The green discoloration on the **egg yolks** is not unsafe to eat but is instead a sign that the **boiled eggs** have been overcooked and/or improperly cooled.



Properly cooked and cooled hard boiled egg



Overcooked and/or improperly cooled hard boiled egg

8. To remove the **shell** from a **boiled egg**, tap and crack the **eggs** on a firm surface.



Peel away only the **cracked top half of the shell** and **thin, white membrane** if you're planning to eat the **egg** out of **half the eggshell** as shown in these two pictures, or...



...peel off the **entire shell** and **membrane**, and rinse with cold tap water quickly to remove any **small eggshell pieces** for a **completely peeled boiled egg**.



## BOILED EGG SAFETY NOTE

**Boiled eggs** are safely cooked when the **egg white** is completely white and no longer runny as shown in the left photo below. The photo on the right shows a **potentially unsafely undercooked soft boiled egg** with **egg white** that is still slightly runny and partially clear.



Safely Cooked Boiled Egg



Unsafe, Undercooked Boiled Egg

9. Enjoy **boiled eggs** either as they are right out of the shell or with **salt** and/or **ground black pepper** to taste. (You bet it takes a real man to eat a **boiled egg** out of an egg cup with feet on it!)



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**Gotta' Eat, Can't Cook**

"Show Me How" Video & Picture Book Cooking