

Perfect Boiled Eggs

By perfect boiled eggs we mean a firm white and a runny yolk, ideal for dipping. It is essential to time the cooking, so you will need a timer or watch with a second hand.



Egg, milk, soya and wheat (gluten)*

Nutritional information per portion (147g):

Energy 1361kJ 324kcal 16%	Fat 20g 29%	Saturates 5.5g 27%	Sugars 1.5g 2%	Salt 0.96g 16%
------------------------------------	-------------------	--------------------------	----------------------	----------------------

of an adult's reference intake.
Typical values per 100g: energy 926kJ/220kcal.

Equipment

Saucepan
A timer or watch with a second hand
Toaster or grill
Egg cups
Slotted draining spoon or serving spoon
Pan stand
Oven glove
Plates to serve
Knife

Ingredients

Serves 1
Eggs (1 or 2 per person)
Wholemeal bread for toasting (1 or 2 slices per person)
12g unsaturated fat spread (per slice)

*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



Top Tips

- If the eggs are very fresh or are very cold (straight from the fridge), add an extra 30 seconds onto the cooking time.
- Use the smallest saucepan possible to fit the number of eggs being cooked.
- Babies over 6 months old can be given eggs, but they must be well cooked, so make sure both the white and yolk are solid. Avoid runny eggs until your child is older.
- A hard-cooked egg has both a firm white and yolk. Hard-cooked eggs should never be boiled – simmer them in water. If boiled or cooked too long, the protein toughens or becomes rubbery and a greenish or purplish ring forms around the yolk.

Perfect Boiled Eggs

Method

1. Place the eggs in the saucepan.
2. Pour cold water onto the eggs to a depth of around 2cm above the eggs.
3. When the water is boiling, turn it down to a gentle simmer. Start timing the simmering straight away and let the eggs simmer for 2–3 minutes depending on how you like your eggs.
4. While the eggs are cooking, get the toast ready and have egg cups nearby.
5. As soon as the 3 minutes are up, remove the eggs with a slotted spoon or large serving spoon. You can steady the eggs with an oven glove if necessary.
6. Serve immediately with toast.

Prepare now, eat later

- Hard-boil eggs up to 24 hours before using for sandwiches, curries and salads. Simmer for approximately 8 minutes, cool in cold water as quickly as possible and store, covered, in the fridge until you need them.
- Egg sandwich fillings can be kept covered in the fridge for up to 24 hours. Once out of the fridge, eat as soon as possible as eggs are classed as a high-risk protein food.

Skills used include:

Boiling/simmering, spreading, grilling and serving.