

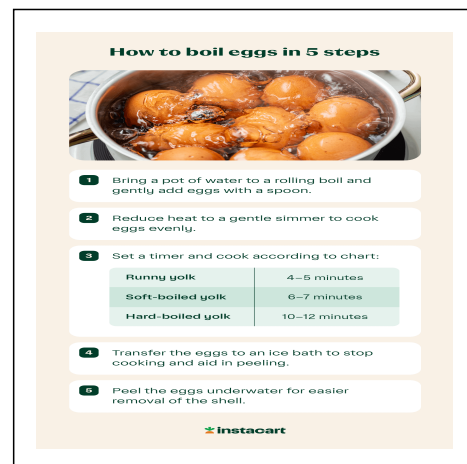
Recipe Name: How To Boil Eggs At Home - Boiled Eggs Recipe

Diet Type:

Course: Eggetarian

Cuisine: Continental

Quantity: 2 pieces



Ingredients

Ingredient	Quantity
• 2 Whole Eggs	2
• Water - (2 inches above eggs in the pan)	

Preparation

- You can check the freshness of eggs by putting them carefully and slowly in a glass of plain water.
- If the egg settles at the bottom, they're fresh and are good to consume.
- If they float partially or completely, discard them as they are stale already.
- Do this check before you do any egg recipe so that the recipe will not be any affected with stale eggs.
- Add enough water into it so that the eggs are immersed completely and in a single layer.
- Do not pile the eggs one on top of another.
- Also, also make sure that the water level is about inches above the eggs, failing which the gradual evaporation of water during rolling boil will leave the eggs imperfectly cooked and eggs may develop a greenish layer.
- Keep the saucepan on medium heat and let the water boil.
- Boil the contents for 8-12 minutes with or without covering the pan.
- If you need soft boiled eggs, switch off at 8 minutes; or you can continue to boil eggs for 12 minutes for perfectly cooked hard boiled eggs.
- You can immediately take the eggs out from a slotted spoon and put them in ice cold water to curb further cooking.
- Peel off the skin, cut to half, season with salt and pepper and the boiled eggs recipe is good to be eaten.

Macronutrients



Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
155	13	1	11	0	0

