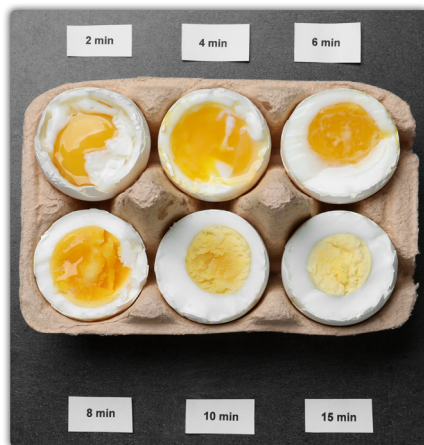


Hard-boiled Eggs

There are many ways to boil eggs. The one described here works well and is the same as shown in the video. Varying times are given for soft- to hard-boiled eggs, as well as stages in-between. But, if you have a tried-and-true method, do whatever you feel comfortable with.

INGREDIENTS: Eggs



Serves: 1 egg

INSTRUCTIONS

1. Gently add eggs to a pot of cool water on the stovetop, making sure that enough water covers the eggs so that they stay covered even after some evaporation. Cover the pot with a lid, turn heat on high, and bring water to a boil.
2. Once water comes to a boil, reduce heat and slightly offset the lid from the pan to reduce the risk of boiling over. Set a timer for the appropriate time listed below depending on how done you want your eggs to be.
3. Once the appropriate cooking time has elapsed, transfer boiled egg with a slotted spoon directly into an ice water bath to stop the cooking. Let sit at least until cool enough to easily handle. Once they've cooled a couple minutes, gently crack the shell and try to peel. If the shell is sticking or you plan to peel later, resubmerge the cracked, boiled eggs in the ice water bath until ready to peel. Alternatively, if you want to make them ahead as meal prep, do not crack the shells. Cool completely in the ice water bath, then drain and transfer to a container in the refrigerator.

BOILING TIME	DESCRIPTION
6	Soft-boiled; egg white fully cooked but soft; yolk slightly runny with jam-like consistency
8	Egg white fully cooked and a bit firmer; yolk softly set
10	Classic hard-boiled egg; egg white fully cooked and firm; yolk set and bright in color
12	Egg white firmer; yolk very firmly set and color lighter
14	Egg white rubbery; yolk hard and often turning green or grey in places

NOTES

- Soft-boiled eggs can be stored for 2 days and hard-boiled eggs up to 7 days in the refrigerator.

Nutritional Info (per 1 egg): Calories 72, Total Fat 4.8 g, Saturated Fat 1.6 g, Cholesterol 186 mg, Sodium 71 mg, Total Carbohydrate 0.4 g, Dietary Fiber 0 g, Sugars 0 g, Protein 6.3 g, Vitamin A 9%, Calcium 2%, Iron 5%, Zinc 6%, Vitamin D 10%, Vitamin B12 19%, Vitamin E 4%

► To view the video for this recipe, and all electronic resources associated with the Culinary Medicine Curriculum, please see <https://bit.ly/culinarymededucation>.