



Culinary Nutrition Cuisine

How to Boil an Egg:

Eggs are a convenient and affordable source of protein and a great “go-to” item to keep stocked in your fridge. Not only are eggs an excellent source of vitamin B12, which supports cell growth and helps regulate metabolism, but they’re also high in sulfur, a nutrient that aids vitamin B absorption and liver function.

Here’s how to get a perfect soft-, medium- or hard-boiled egg every time:

- Place eggs in a pot or saucepan in a single layer.

- Add cold water to cover eggs with one to two inches of water.

- Place over high heat uncovered until water is just boiling.

- Once boiling, cover pot and turn off heat completely.

- The length of time you’ll let the eggs stand in boiling water varies depending on what type of boiled eggs you’re making:
 - 15 minutes: very firm, hard-boiled
 - 10 minutes: creamy but firm yolk, hard-boiled
 - 6 minutes: custardy yolk, medium-boiled
 - 4 minutes: slightly runny yolk, soft-boiled

- Drain hot water immediately after your preferred length of time and rinse eggs in cold running water.

- Eat immediately or refrigerate hard-boiled eggs for up to five days; soft and medium-boiled eggs can be refrigerated for two to three days. Hard-boiled eggs can be tossed into salads as well as made into a variety of dishes, including egg salad and deviled eggs.

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