



# INSTRUCTION CARD - BOILING EGGS

## (SERVES 2)

### INGREDIENTS:

2 eggs (at room temperature)  
Water  
Ice water

### UTENSILS:

Small saucepan  
Tongs or slotted  
spoon

### METHOD:

1. Wash and dry your hands thoroughly before and after handling eggs.
2. Fill half of a saucepan with cold water and gently lower the eggs into the saucepan.
3. Place the saucepan over a medium heat and bring to a simmer (this will take approximately 10 to 15 minutes).
4. Simmer the eggs in the saucepan for the desired time depending on your cooking preference:
  - 3 to 4 minutes for soft boiled (with a runny yolks).
  - 5 to 6 minutes for medium (semi-firm yolks and hard whites).
  - 8 to 9 minutes for hard boiled (well cooked).
5. Turn off stove top and use tongs or a slotted spoon to remove the eggs from the water.
6. Place the eggs in ice water or run under cold water for 30 to 60 seconds.
7. Serve boiled eggs as desired.

*NOTE: Do not use broken, cracked or out of date eggs (refer to the Information Sheet – Safe Egg Handling for further information).*



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