

HARD STEAMED EGGS

1 tray of ice cubes

6 large eggs

DIRECTIONS

Add 1 tray of ice cubes to a large bowl and fill with water.

Add 1 inch of water to a large pot. Place steamer insert inside, cover, and bring to a boil over high heat. Add eggs to steamer basket, cover, and continue cooking, 6 minutes for soft-boiled eggs or 12 minutes for hard-boiled.

Immediately place eggs in bowl of ice water and allow to cool for at least 10 minutes before peeling.

To peel, first gently tap hard-boiled eggs all over to thoroughly crack the shell, then remove shell under a thin stream of running water. The water helps get under the shell and lift it off the egg.

Hard steamed eggs can be stored shell-on in the refrigerator for up to 5 days. Store peeled eggs in the refrigerator for up to 1 day.

WHY DOES STEAMING EGGS WORKS BETTER THAN BOILING?

1. Steam cooks the eggs more evenly and gently, with less risk of cracking, than dropping them into water.
2. Chilling the eggs immediately after steaming ensures that they come out perfectly shaped, with no air-space indentations on their large ends.
3. Steaming the eggs makes peeling under running water easy and prevents pieces of the whites from tearing off with the shell

IF BOILING IS PREFERRED, TRY POKING HOLE IN THE LARGE END OF THE EGG WITH A THUMB TACK BEFORE PLACING IN BOILING WATER. STIR EGGS FOR FIRST 30 SECONDS TO ENSURE YOLK IS CENTERED.