

# SOYA MARINATED EGGS

**6 LARGE EGGS**

**¾ CUP LOW-SODIUM SOY SAUCE**

**3 TBSP RICE VINEGAR**

**½ TBSP SESAME OIL**

**2 MEDIUM GARLIC CLOVES THINLY SLICED**

**FOR SERVING: STICKY RICE**

**SEAWEED, THINLY SLICED (OPTIONAL)**

## **PROCEDURE:**

1. SOFT BOIL THE EGGS: BRING A LARGE POT OF WATER TO A RAPID BOIL. SET A TIMER FOR 7 MINUTES, IMMEDIATELY LOWER EGGS INTO WATER. DO NOT LOWER THE TEMPERATURE.
2. PREPARE THE ICE BATH: FILL A LARGE MIXING BOWL WITH ICE WATER. WHEN 15 SECONDS IS LEFT ON THE TIMER, START MOVING EGGS TO THE ICE BATH. COOL FOR 5 MINUTES. GENTLY CRACK EGG ON A HARD SURFACE LOOSENING THE SHELL ON ALL SIDES. PEEL THE EGG INSIDE THE ICE BATH
3. MARINATE: COMBINE SOY SAUCE, VINEGAR, OIL AND GARLIC IN A SMALL BOWL. WHISK TO COMBINE. PLACE PEELED EGGS IN THE MARINADE. COVER AND REFRIGERATE 8 HOURS OR OVERNIGHT. TURN ONCE HALFWAY THROUGH.
4. TO SERVE: SLICE EACH EGG IN HALF OR QUARTERS, SERVE OVER RICE WITH THINLY SLICED SEAWEED. EGGS WILL KEEP FOR 2 DAYS.

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