

Basic Cooking Steps for Steaming Eggs

One of the best basic egg-cooking techniques for hard and soft cooked eggs

Before Starting: Heat several inches of water to a boil in a large pot. Turn down the heat slightly so the water continues to cook vigorously. Then set a colander, double boiler, vegetable steamer, or bamboo steamer on top of the pot.

Cook Eggs: Rinse your eggs in warm water, then place them in the steamer, making sure to leave room between them so they'll cook evenly. Cover steamer; make sure that it is steaming; start timing: steam 5 to 7 minutes for soft cooked eggs or 12 to 14 minutes for hard cooked eggs. You should see small amounts of steam rising throughout the cooking process.

Peeling the Eggs: After cooking, use tongs to gently set the eggs in a large bowl of ice water for 1 to 2 minutes; until they're cool enough to peel. Roll each egg on the counter to break the shell; then peel off the shell, beginning at the blunt end.

Basic Recipe by: Lisa Steele, **The Fresh Eggs Daily Cookbook**, February 2022

Cook's Note: We found it very helpful to roll each cooled egg on the counter to break the shell and then replace the eggs for 5 to 10 minutes back into the cold water before attempting to peel them. The shells were easier to remove.

About the Recipe: The steamed eggs will peel easier, cook more evenly, and be creamier in texture. This cooking technique also eliminates the greenish gray ring that can form around the edge of the yolk and reduces the chance of cracks or breakage.