

Food skills

Boiling eggs

Boiled eggs are cooked whole in their shells. Hard-boiled eggs are cooked so that the egg white and egg yolk are both solid. There are two methods for boiling eggs; hot water method and cold water method. The hot water method allows for accurate timing and a consistent result; however, the shells are more likely to crack due to the sudden temperature change. The cold water method is more difficult to time and produce the desired result, however the shells are less likely to crack due to the gradual temperature increase.

Did you know

Over-cooking boiled eggs will produce a green ring around the yolk and they will smell of sulphur.

How to boil eggs

Hot water method

1. Use room temperature eggs.
2. Bring a saucepan of water to the boil.
3. Gently place the eggs in the boiling water and reduce to a simmer.
4. Simmer for required time to reach desired result (see below).

Cold water method

1. Place eggs in a saucepan of cold water.
2. Bring to the boil then reduce heat to a simmer.
3. Simmer for required time to reach desired result (see below).

Soft boiled eggs



- 4½ minutes hot water
- 3-4 minutes cold water

Medium boiled eggs



- 7 minutes hot water
- 5-6 minutes cold water

Hard boiled eggs



- 11 minutes hot water
- 8-10 minutes cold water

Over boiled eggs



- 15 minutes hot water
- 14 minutes cold water



Smoked fish kedgeree with peas (serves 4)

Ingredients

2 tablespoons oil
1 onion, chopped finely
2 carrots, diced finely
2 cloves garlic, crushed
2 tablespoons curry powder
2 cups cooked rice
1 cup milk
400g fresh or canned
smoked fish
2 cups cooked peas
2 tablespoons lemon juice
Pepper
4 hard boiled eggs, peeled
and quartered
1 lemon, cut into wedges

Method



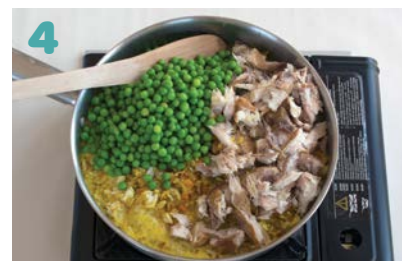
Heat the oil in a pan over a low heat. Add the onion and carrot. Cook until soft and just beginning to brown.



Add the garlic and curry powder, cook for a minute.



Stir through the cooked rice. Add the milk and heat gently.



Fold through the fish, peas and lemon juice. Season with pepper. Serve with hard boiled eggs and lemon wedges.

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