

How to Cook Eggs

Explains how to cook eggs better than the Egg Board does
<http://whatscookingamerica.net/Eggs/BoiledEggs.htm>

Soft-Cooked Eggs, Medium-Cooked Eggs, and Hard-Cooked Eggs

The simple and classic boiled egg, is one of the finest and easiest edible delights known on earth, with just 70 calories, and full of nature's most perfect form of protein, and good cholesterol that bodies need. According to the American Egg Board, the terms "hard-" and "soft-boiled" eggs are really misnomers, because boiling eggs makes them tough and rubbery. Instead, eggs should be "hard-" or "soft-cooked," by simmering in high temperature (but still) water, also known as "coddling." This method also assists with the peeling process, using cold water after the cooking, to create steam between the egg white and the shell, making it easier to remove. Do not add salt when cooking ~ the salt will raise the boiling point of the water, also making the egg whites rubbery.

Hard-Cooked Eggs:

To get perfectly peeled hard-cooked eggs, use eggs that are 3 to 5 days: Fresh eggs are difficult to peel because the white membrane is not mature enough. In a fresh egg, the yolk stands tall and the white is thick and cloudy. In an older egg, the yolk looks flatter and breaks easily, and the white is thin and watery.

A simple test in water will show the freshness. Place the egg in a bowl of water; if it lays on its side, it is very fresh. As it ages, the air pocket inside the egg grows, which buoys the egg up so it stands on one end. If the egg floats to the top, it is too old; and ready for the trash. The best eggs for stove top boiling are the ones partially standing up because that extra air makes peeling easier. When making deviled eggs, place the carton of eggs on its side for a day. The yolk will then center itself so you have it directly in the middle of the white. No more off centered deviled eggs.

Bring eggs to room temperature before cooking: If the egg has been stored in the refrigerator it can be warmed gently under a flowing hot tap water. By bringing the eggs to room temperature, they're much less likely to crack in the hot water. Also the temperature of the egg at the start of the cooking process will affect the cooking time. An egg at room temperature at the start of the cooking process will require about 1 minute less cooking time than eggs taken directly from the refrigerator.

Watch the time when cooking eggs carefully. Overcooking causes a green or purplish layer to form around the yolk, which is caused by a reaction between the iron in the yolk and the sulfur in the white. Heat speeds up this reaction, so the longer your eggs cook, the greater the chance of discoloration.

Hard-cooking Directions:

Gently place the eggs in a single layer in a pan with enough cold water to completely cover eggs by about an inch. 2 or 3 layers of eggs stacked up may cook unevenly. Use a tall pan, and limit cooking to 2 dozen eggs at a time. Otherwise too much water will take too long for things to get boiling, which can throw off the timing and give you overcooked eggs. Too little water causes parts of the eggs to be exposed and end up undercooked.

- Over high heat, bring water JUST to a rapid boil.
- Remove pan from heat and cover egg pan tightly with a lid.
- Set timer for 17 minutes for large eggs or 20 minutes for jumbo eggs.
- After 17 or 20 minutes (depending on size of your eggs), remove from heat and drain off water from the eggs. Transfer the eggs to the bowl of ice water. While they're in the cold water, a layer of steam develops between the shell and the egg white which makes peeling the eggs much easier.
- Let eggs cool at least 10 minutes in cold water, then drain.
- Peel the eggs or store in refrigerator. Hard-cooked eggs in the shell can be refrigerated up to 1 wk.

Use the following cooking times as a guide for the desired firmness for the yolk of each egg size (the whites will be firm):

Egg Size	Degree of Doneness	Time Required
Medium	Soft-cooked yolk	3 minutes
	Medium-cooked yolk	5 minutes
	Hard-cooked yolk	12 minutes
Large	Soft-cooked yolk	4 to 5 minutes
	Medium-cooked yolk	6 minutes
	Hard-cooked yolk	17 minutes
Extra Large	Soft-cooked yolk	5 minutes
	Medium-cooked yolk	7 to 8 minutes
	Hard-cooked yolk	19 minutes

Soft-cooked eggs:

A soft-cooked egg has a firm white and runny yolk.

To serve in egg cup, place egg in cup small end down, slice off large end of egg with knife or egg scissors and eat from shell with spoon. You can also buy a good egg topper from a kitchen store. They're very quick and practical. Eggs look beautiful when you top them!

Medium-cooked eggs:

A medium-cooked egg has a firm white and a slightly firm yolk.

Hard-cooked eggs:

A hard-cooked egg has both a firm white and yolk.

How about when you just want to make a quick egg salad, or wanted to use up all those bantam or OEGB eggs, with out having to peel those tiny little buggers for the mouthful they make? My Significant other found the way~leave it to the guys to figure this stuff out! In 10 min, you can be eating warm egg salad.

Crack all the eggs into a BIG bowl. (its going to rise like bread dough so give it plenty of room.)

Pop all the yolks with a fork. (don't stir them, unless you want scrambled looking salad, but POP them)

COVER the bowl really well, it's going to make a mess. (I use disposable shower caps that I get at the dollar store, they come 8 to a pack, and have these neat little elastics that pull them tight around the bowl. We use these instead of saran wrap on left overs too.)

Now, here is where it gets tricky. Each microwave is different, so you are going to have to experiment. Cook for one minute, then check it, and give it a swirl. Cook it additional 2 minutes, and check again. By this time it will be pretty hot, but may not be cooked yet? Give it 2 more minutes?

When it is done, it is one solid mass of white and orange. Use a knife and fork to chop it up into bite sizes, just like you would boiled eggs, and it is easier cause the eggs aren't sliding around the bowl. Chopped it up, add the mayonnaise & other ingredients and served as usual!