

Egg Boiling Recipe

1. Today's Recipe

This recipe gives you a clear, reliable way to boil chicken eggs so you can get **soft-, medium-, or hard-boiled eggs**, depending on what you like. It covers egg size, timing, and cooling so the eggs come out just right every time.

2. Ingredients & Equipment

Ingredients:

- Fresh chicken eggs (Grade A)
- Cold drinking water
- Ice (for cooling)

Equipment:

- Medium pot (at least 1.5 liters)
- Slotted spoon
- Timer
- Thermometer (optional, but helpful)
- Bowl with ice water

3. Terms and Definitions

3.1 Egg: An oval reproductive body produced by hens (*Gallus gallus domesticus*), consisting of a shell, albumen (egg white), and yolk.

3.2 Egg size: Classification by mass:

- S (Small): < 53 g
- M (Medium): 53-63 g
- L (Large): > 63-73 g

3.3 Boiling: Cooking in water at or near its boiling point (100 degreesC at sea level), with vigorous bubbling.

3.4 Boiling temperature: Water's transition point to gas phase, nominally 100 degreesC at 1 atm.

3.5 Boiling time: Time eggs remain in boiling water, counted from start of active boiling.

3.6 Soft-boiled egg: White is set, yolk is fluid or semi-liquid.

3.7 Medium-boiled egg: White is fully set, yolk is thickened but not firm.

3.8 Hard-boiled egg: Both white and yolk are fully solid.

3.9 Ice water bath: Submersion in 0-4 degreesC water to rapidly cool eggs.

3.10 Peelability: Ease of removing shell without damaging the white.

4. Step-by-Step Cooking Instructions

Step 1- Prepare the Eggs: Place the eggs in a single layer in the pot. Add cold water until the eggs are covered by about 2 cm.

Step 2- Bring to a Boil: Put the pot on high heat and bring the water to a rolling boil.

Step 3- Cook According to Desired Doneness Once the water is actively boiling, start timing:

Egg Size	Soft-boiled	Medium-boiled	Hard-boiled
S	4:00 min	6:00 min	9:00 min
M	4:30 min	6:30 min	9:30 min
L	5:00 min	7:00 min	10:00 min

Step 4- Cool the Eggs: Immediately transfer the eggs to an ice water bath and let them cool for at least 5 minutes. This stops the cooking and makes peeling easier.

5. How to Know They're Done

- Shells are intact
- Yolk texture matches your target (soft, medium, or hard)
- No grey-green ring around the yolk
- Shell peels off easily

6. Safety & Hygiene Tips

- Wash your hands and utensils before cooking
- Don't boil eggs that are already cracked