

Instant Pot Easy-Peel Hard Boiled Eggs

COOK TIME	PRESSURIZING AND NATURAL RELEASE	TOTAL TIME	SERVING
4 mins	15 mins	19 mins	1 to 12 servings

NOTE

Check your pressure cooker manual for the minimum requirement of liquid in the pot, and add at least that amount. If no instructions are given, add 1 inch of water.

If your pressure cooker didn't come with its own steamer basket, you can use a standard metal or silicone steamer basket in its place. (If you don't have a steamer basket, you can skip it, but you may get a greater number of cracked eggs.)

Avoid stacking eggs on top of each other since this can also lead to more cracked eggs. If you need to cook more eggs than will fit in a single layer, we suggest cooking multiple batches.

Ingredients

- Large eggs, cold from the fridge—at least 1 egg or as many as will fit in a single layer in your pressure cooker

Method

1. Prepare the pressure cooker:

Place a steamer basket in the bottom of your Instant Pot. Add 1/2 to 1 inch of water (1 to 2 cups) to the pressure cooker (check your pressure cooker manual for minimal liquid amounts). The water level should be just below the steamer basket.

2. Add all the eggs:

Use cold eggs, straight from the fridge. You can cook as many eggs as you like at one time, but be careful of wedging eggs too firmly against one another or stacking eggs on top of each other since these can cause eggs to crack.

3. Bring the pot up to pressure:

Close the lid on the pressure cooker and make sure the steam valve is set to the "sealed" position. Set the pressure to high and set the timer for 4 minutes for electric pressure cookers (3 minutes for stovetop).

The pressure cooker will take 5 to 10 minutes to come to full pressure and then begin cooking. Cooking time begins once the cooker has come to pressure.

4. Let the pressure release naturally for 5 minutes:

After cooking is done, let the pressure cooker sit for 5 minutes with the lid on and the steam vent "sealed" to allow steam to begin releasing naturally. (If you're using a stovetop pressure cooker, remove it from heat.)

5. Quick-release the remaining pressure:

After 5 minutes of natural release, carefully flip the steam valve to "venting" and quick-release any remaining pressure.

6. Cool the eggs:

Transfer the eggs to a bowl of cold water to cool (add ice for more rapid cooling, but ice isn't necessarily for making easy-peel eggs). Change out the water as it warms until the eggs are cool, then refrigerate the eggs until needed.

Nutrition Facts (per serving)

72	5g	0g	6g
CALORIES	FAT	CARBS	PROTEIN