

Tea Eggs

Tea eggs are basically hard-boiled eggs infused with the flavors of Chinese tea, spices like star anise and cloves, and soy sauce.

Prep Time

12 hrs

Cook Time

45 mins

Total Time

12 hrs 45 mins



5 from 1 vote

Servings: 12 Calories: 66kcal Author: Everyone

Ingredients

- 12 eggs
- 4-5 cups water (enough to submerge the eggs completely)
- 2 tablespoons dry Chinese tea leaves of your choice (try to use loose tea rather than tea bags)
- 5 star anise
- 6 cloves
- 12 whole black peppercorns
- 1/2 teaspoon salt
- 2 tablespoons dark soy sauce
- 2 tablespoons light soy sauce

Instructions

1. Put everything in a medium pot with the lid on and bring it to a boil slowly, over medium heat. Once the water boils, turn off the fire and let the eggs sit for about 30 minutes, till the water cools off. Take the eggs out one at a time, and carefully crack the shells all over, but leave the shell on. This creates the marbling effect on the finished eggs.
2. Put the eggs back in the pot and put the whole shebang into the refrigerator overnight. This allows the eggs to really absorb the flavor of the spices, tea, and soy.
3. Tip: These are great if you cut them in half and lay them in a bowl of noodle soup.

Notes

Makes 1 dozen eggs.

Nutrition

Calories: 66kcal | Carbohydrates: 1g | Protein: 6g | Fat: 4g | Saturated Fat: 1g | Cholesterol: 164mg | Sodium: 276mg | Potassium: 67mg | Fiber: 1g | Sugar: 1g | Vitamin A: 238IU | Vitamin C: 1mg | Calcium: 30mg | Iron: 1mg

Tea Eggs by The Woks of Life. Recipe URL: <https://thewoksoflife.com/tea-eggs/>