



## Perfect Hard Boiled Eggs

Cooking the perfect hard boiled egg can be elusive for some, but no more! Follow these handy tips and you'll find more and more excuses to cook up a batch of this high protein and very portable food...

**Tip #1 – Start with eggs that have been in your fridge for about 1 to 2 weeks.**

**It's a known fact that the fresher the egg the harder it can be to peel. The reason?**

In fresh eggs, the albumen (egg white) tends to stick to the inner shell membrane due to the less acidic environment of the egg. After the eggshell's protective coat slowly wears off, the egg becomes porous, absorbs more air, and releases some of its carbon dioxide. This makes the albumen more acidic, causing it to stick to the inner membrane less. The egg white also shrinks slightly, so the air space between the eggshell and the membrane grows larger, resulting in boiled eggs that are easier to peel.

**Tip #2 – Chill Cooked Eggs in Ice Water for easier peeling.**

There is a way around this to make peeling even fresh eggs easier. When finished with the cooking process, drain the eggs and then plunge them in a slurry of ice cubes and ice water. Let them set until completely cool and start peeling.

**Tip #3 – Don't Overcook Your Eggs**

Follow these directions for perfect hard boiled eggs every time!

- ◆ Place cold eggs from the fridge into a pot of cold water
- ◆ Cover and put on high heat. **WATCH** your pot of eggs! If you want to cook perfect hard boiled eggs, this is not the time to leave the room and become involved in another project or your favorite TV show.
- ◆ As soon as the water comes to a boil, turn **OFF** the heat and allow the eggs to sit, covered, for **10 minutes**.
- ◆ After 10 minutes, drain the eggs and plunge them into a bowl of ice and cold water (See Tip #2).
- ◆ Allow to chill 15 to 20 minutes

**Tip #4 – After Cooling, Crack Eggs at Both Ends First, then Peel.**

**ENJOY!**