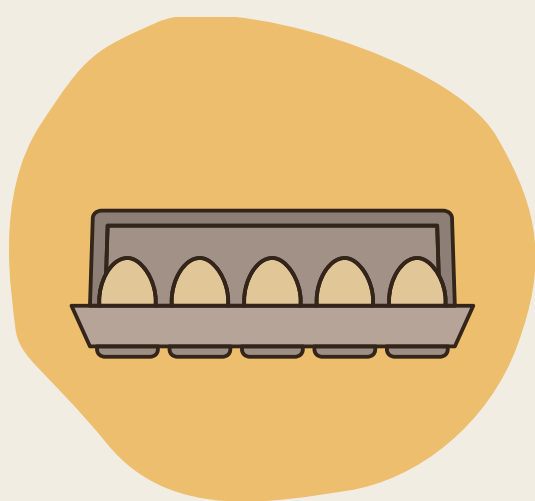


# Cooking Eggs

**Tip: A non-stick pan works best for eggs!**

## Hard Boiling

Hard boiled eggs are boiled in water with the shell remaining intact until the yolk is solid. Proceed to fill a pot with water until there is one inch of water covering the eggs. Bring the water to a boil. Once the water is boiling, turn the heat off, and let it stand for 15 minutes. For easy peeling, place the eggs in ice cold water for a couple minutes, then remove the shell.

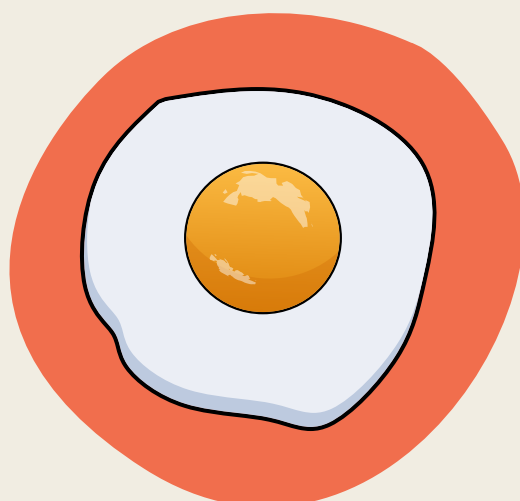


## Over-Hard

Melt butter or oil on medium heat in a non-stick pan. Once hot, crack your egg into the skillet. Cook the egg for around 3 minutes- a bit longer than regular over easy eggs. Once solid, flip your egg and cook an additional 2-3 minutes until the yolk is solid.

## Poaching

Poaching is when the egg is cooked outside the shell. where yolk is left runny. To poach an egg, fill a pot with about 1.5 inches of water and bring to a simmer. Crack an egg in a small bowl, and gently slide it into the simmering water without harming the yolk. Cook for about 4 minutes.



## Scrambled

Scrambled eggs are when the eggs are beaten, often with a milk or cream, and cooked in a non-stick skillet.

To get the best results, gently keep folding eggs until almost fully cooked (around 2 minutes)

## Sunny Side Up

This is when the egg whites are cooked, but the egg yolks are still runny. To accomplish this, heat oil or butter in a non-stick pan over medium low heat. Simply crack the egg in the pan, and let whites solidify.

## Over-Easy

Over easy eggs are cooked on both sides, unlike sunny side up, but the yolk still remains runny. To cook eggs over easy, melt oil or butter on medium low heat in a skillet. Crack the egg in the pan and let it cook for 2-3 minutes- until the egg is solid white. Once it's cooked on one side, flip over and cook an additional 30 seconds.

INFORMATION SOURCE

[HTTPS://WWW.ACOUPLECOOKS.COM/HOW-TO-COOK-EGGS/](https://www.acouplecooks.com/how-to-cook-eggs/)