

Perfect Hard Boiled Eggs

From Serious Eats blog

Internet address: <http://www.serious-eats.com/recipes/2014/04/steamed-hard-boiled-eggs-recipe.html>



Servings: 8

8 large eggs, chilled

Water

A big bowl filled with ice and water

Equipment needed: a stovetop pan with a steamer insert

1. Add about an inch of water to the pan, put steamer insert in place and cover with a lid. Bring to a rolling boil.
2. Remove lid and place the cold eggs in the steamer insert. Replace lid. Set timer for 12 minutes.
3. Meanwhile, get the ice bath ready while you're waiting for the eggs.
4. Pick up steamer insert with hot pads and place it and the eggs into the ice bath. Leave the eggs submerged for 15 minutes.
5. Remove eggs and chill for several hours or overnight. Peel.

Per Serving (excluding unknown items): 75 Calories; 5g Fat (62.2% calories from fat); 6g Protein; 1g Carbohydrate; 0g Dietary Fiber; 216mg Cholesterol; 63mg Sodium. Exchanges: 1 Lean Meat; 1/2 Fat.