

# THE PHOTOGRAPHER'S KITCHEN

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## THE PERFECT HARD (OR SOFT) BOILED EGG

1999 – Jerry Bell

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Ingredients:

Eggs – 1 dozen large or extra large

Water

Ice cubes

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Let the eggs sit at room temperature for 15 minutes. Then place the eggs gently on the bottom of a medium to large sauce pan. Single layer only, please, and cook no more than a dozen at a time even if there's room for more.

Add cold water until its 1" above the eggs. Don't bring out the ruler. Your eyeballs will do just fine.

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Place a cover on the pan and turn the burner to high and bring the water to a rolling boil. Remove the cover and turn the heat down to a good simmer. Simmer large eggs for exactly 12 minutes, 13 minutes for extra large.

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Remove the pan from the stove and place in the sink under cold running water. Let the eggs sit in cold running water for at least 5 minutes. You can add ice cubes to facilitate the cooling of the eggs. This step insures that the yolk temperature won't go above 160 deg. which is what causes that nasty green ring on the outside of the yoke and that the eggs will peel easily.

Speaking of peeling, older eggs will peel more easily than fresh eggs. Always use your oldest eggs first.

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Refrigerate the eggs if they aren't going to be used immediately. Hard boiled eggs in their shell can be kept for up to a week.

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To make soft boiled eggs follow the same basic procedure but simmer for 5 minutes (runny yoke) or 7 minutes for a more firm yoke. Add one minute to each if using extra large eggs. Eggs should be cooked for at least four minutes to prevent possible food poisoning. Place the eggs under cold running water for at least one minute. Peel and serve.

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It doesn't get much easier than this. Just remember to start with cold water and end with cold water.

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I've provided this recipe for your dining pleasure and I encourage you to share it with your relatives, friends and anyone else who enjoys good food. If you want to post one of my recipes on your blog or another website I ask that you please credit: Jerry Bell / [Jbellphotography.com](http://Jbellphotography.com)