

## Nothing Hard About It: Hard-Boiling Made Easy

### *Make Perfect Hard-Boiled Eggs for Decorating*

It's no "yolk" when egg whites turn rubbery and the yolks are green! If this happens to you, you're not alone – most Americans still struggle with how to hard-boil eggs. In fact, in 2012 there were more than four million online searches for hard-boiled egg-related terms, and a recent American Egg Board survey found that less than one-quarter (23 percent) of respondents know the correct way to hard-boil eggs.<sup>1</sup> Luckily, all it takes is a little know-how to get hard-boiled eggs done to perfection, every time!

#### THREE simple steps to properly hard-boil eggs:

1. Place eggs in saucepan large enough to hold them in a single layer. Add cold water to cover eggs by one inch. Heat over high heat just to boiling.
2. Remove from burner. Cover pan. Let eggs stand in hot water about 12 minutes for Large eggs (9 minutes for Medium eggs; 15 for Extra Large).
3. Cool completely under cold running water or in a bowl of ice water. Peel and eat eggs or refrigerate them in their shells to enjoy up to a week later.

#### The HARD facts:

- **Boiled, but just barely.** While the cooking water must come to a full boil, the pan is immediately removed from the heat so that the eggs cook gently in the hot water to produce tender eggs and minimizes cracking.
- **Very fresh eggs can be difficult to peel.** Buy and refrigerate your eggs a week to 10 days in advance of cooking them to make peeling easier. This brief "breather" allows the eggs time to take in air, which helps separate the membranes from the shell.
- **Hard-boiled eggs are easiest to peel after cooling.** Cooling causes the egg to contract slightly in the shell.
- **Peel a hard-boiled egg.** Gently tap egg on your countertop until the shell is finely cracked all over, then roll it between your hands to loosen the shell. Peel starting at the large end and hold the egg under cold running water to help ease the shell off.
- **Banish the greenish ring.** This harmless but unsightly discoloration that sometimes forms around hard-boiled yolks results from a reaction between sulfur in the egg white and iron in the yolk. It occurs when eggs have been cooked for too long or at too high a temperature.
- **Hard-boiled eggs in the shell can be refrigerated safely for up to one week.** Peeled hard-boiled eggs should be eaten that day. Uncooked, eggs can stay fresh in a refrigerator for up to a month or more.
- **Prepare a dozen hard-boiled eggs on Sunday** for an all-natural, high-quality protein option and vitamin D boost on hand for your family's big days, either for an on-the-go breakfast or after-school snack.

<sup>1</sup>Impulse Research for American Egg Board. Survey conducted online with random sample of 1,031 men and women, 18+, who will participate in decorating eggs. Research was conducted in February 2013. Overall sampling error for survey is +/- 3% at the 95% level of confidence.