

# Chinese Tea Eggs

Categories:

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Entertaining, Vegetarian,

Meals for  
One



## Ingredients

- 12 Eggs (hard boiled)
- 2 tbsp Sea salt
- 4 tbsp Chinese light soy sauce
- 2 Star anise
- 4 tsp Chinese jasmine tea leaves
- Water

## Method

Crack the hard boiled eggs lightly on a hard surface or hitting gently with a teaspoon. Place star anis into a mortar and break into rough pieces with a pestle. Place eggs, star anis, salt, soy sauce and tea leaves into a pot and cover with cold water. Bring to the boil and simmer gently for about two hours, topping up water to keep the eggs submerged. Leave the eggs to cool in the cooking liquid, place into the refrigerator for twelve hours for the flavour to truly penetrate. When the eggs are peeled they have a very attractive marbled effect and are a tasty snack or addition to any picnic or barbecue.