

Authentic Chinese Tea Eggs



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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 anis
- 4 tsp Chinese jasmine tea leaves
- Water

Method

1. 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.
2. 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.

3. When the eggs are peeled they have a very attractive marble effect and are a tasty snack or addition to any picnic or barbecue.

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
132g	664kj 159kcal	14.2g	10.3g	2.9g	2.8g	1g	4010mg	0.1g

All nutrition values are per serve.