

Perfect Medium Boiled Eggs



Preparation time: 5 mins

User Rating: ★★★★★

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Papa Bear's boiled eggs were too hard. Mama Bear's boiled eggs were too runny. These medium boiled eggs are just right.

This recipe will help you make the perfect egg, with the white just set and a near runny yolk.



A great medium boiled egg really comes down to timing. The cooking time for one or two eggs is 5 minutes for semi-firm yolks and hard whites. If you're cooking a few more in the saucepan, add an extra 60 seconds to your timer.

Ready to crack into some medium boiled eggs, get your timer ready.



Ingredients

- Eggs
- Tap water
- Salt and pepper

Method

1. Take a saucepan and half fill it with cold water from the tap. Gently lower the eggs into the saucepan one at a time.
2. Place the pan over a medium heat. When the water reaches a simmer, start the timer so you can precisely time the cooking process. If you gently stir the eggs in a clockwise direction, the movement of the water will help centre the yolks.
3. Simmer the eggs for 5 minutes for medium boiled eggs that have well set whites and thick, almost runny yolks.
4. Use a large spoon to remove the eggs from the water.
5. Cool the eggs by running them under cold tap water for 30-60 seconds or placing them in a bowl of iced water.

Notes

- Don't boil the water too hard: a light simmer is all that you need.
- To peel a medium boiled egg, first run it under cold tap water or submerge it in a bowl of cold water. Then gently crack the shell all over by tapping it on a hard surface and roll it around in your hands to help loosen the shell.
- If cooking more than two eggs, make sure your eggs fit in the saucepan in a single layer.
- Don't just glance at the clock, set a timer to get consistent medium boiled eggs every time.
- Medium boiled eggs can be stored in the fridge for up to 7 days, but be sure to refrigerate them within two hours of cooking.
- Store your medium boiled eggs in an air-tight container in the refrigerator. Eggshells are porous, and without a protective container it can absorb some of the smells and flavours of the fridge.

Hard or soft boiled? Find out [how to make the perfect boiled egg here](#).

Nutritional Information

| | | | | | | | | |
|--------------|-----------------|---------|-----------|---------------|---------------|---------------|--------|-----------|
| Serving size | Energy | Protein | Total fat | Saturated fat | Carbs (total) | Carbs (sugar) | Sodium | Vitamin D |
| 52g | 299kj 71kcal | 6.5g | 4.9g | 1.3g | 0.4g | 0.2g | 66mg | 3.1µg |

All nutrition values are per serve.