

## BOIL AN EGG

You know what? Before I hit the trail on a sunny day, there's nothing I like more than making myself a delicious boiled egg.

And while this is a great foundation to a breakfast or meal, you'll have to keep your wits about you and think "safety first" when cooking it.

## FLIP OVER FOR YOUR NEXT CHALLENGE



### EARN THIS NUGGET

Cook three boiled eggs on three occasions, and finally cook boiled eggs for the family one morning, according to their preferences. If you want to serve an extra treat, make "soldiers" by making toast and cutting it into thin dunkable slices.

LEVEL D

PERIOD 2

TASK 2

- Get a small saucepan and fill it three quarters full with cold water, so the egg will be completely covered.
- Place it on stove burner and turn the heat to high.
- Do not leave the stove. After a few minutes you'll see the water start to bubble, wait for it to bubble a lot--this is called a rolling boil. Once you have a rolling boil, lower the heat to medium.
- Using a ladle, or a similar long handled utensil, carefully lower the egg into boiling water (don't drop it or it will crack), and stay clear of that scalding water.
- Set the timer for 8 to 10 minutes if you like a softer egg (my favorite) or if you like it hard-boiled try 12 to 15 minutes.
- Using the ladle, carefully remove the egg and place on a safe surface until you are ready to eat it.

