

3 easy ways to cook eggs

Hard Boiled Eggs

Ingredients:

- Eggs
- Water
- Salt and pepper

Steps:

- Place eggs in a pot.
- Add cold water that enough to cover the eggs.
- Cover the pot and turn up the heat, bring the water to a boil.
- Turn off the heat and keep the pot covered. Let the eggs sit in the hot water for 20 minutes.
- Transfer the eggs into cold water. Rinse the eggs with cold water for a few times until the eggs are cool enough to handle.
- Peel, cut, season with salt and pepper and serve.

Fried Egg

Ingredients:

- 1 egg
- 2 tablespoons cooking oil or butter
- Salt and pepper

Steps:

- Heat cooking oil in a non-stick skillet at medium heat. If using butter, melt the butter.
- Crack the egg and gently slip into the skillet.
- Cook until the egg whites solid.
- Use a spatula, flip the egg over and cook for a few seconds.
- Remove the egg from the skillet.
- Season with salt and pepper, soy sauce or dark soy sauce, and serve.

Poached Egg

Ingredients:

- Eggs
- Water
- Salt and pepper

Steps:

- In a saucepan, fill with a few inches of water, bring to a boil and turn the heat down to very low simmer.
- Crack an egg into a small bowl. Slide the egg into the simmering water, try to keep the bowl close to the surface of water when sliding the egg.
- Cook until the egg white is firm and solid, around 3 minutes, remove the egg from the water.
- If you are cooking more than one egg, do it one by one.
- Seasoning with salt and pepper and serve.