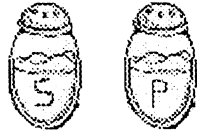


Soft Cooked Egg

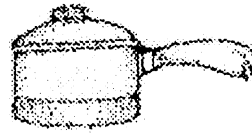
You Need:



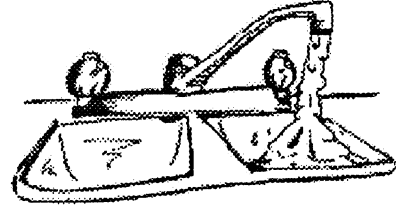
1 egg



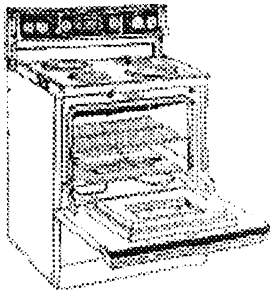
salt & pepper



saucepan with lid



water



stove

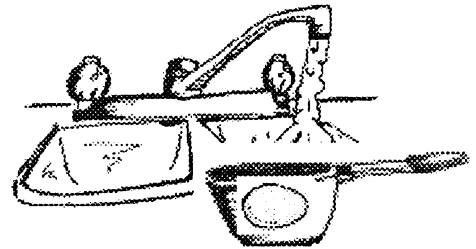
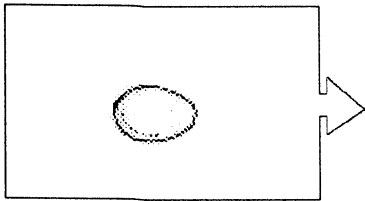


spoon



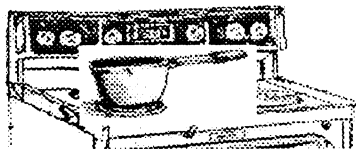
bowl

1.



Place egg in medium saucepan. Add enough cold water to cover 1 inch above the egg.

2.



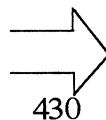
HIGH



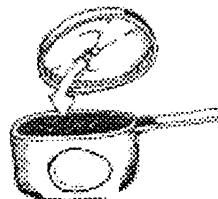
Put pan on stove. Turn heat to HIGH.



BOIL



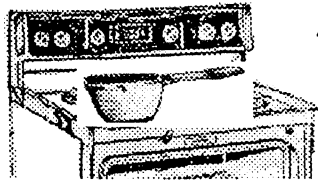
430



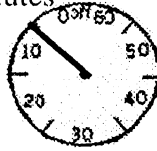
LOW



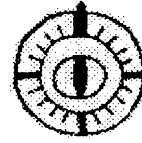
Bring to a boil. Cover with lid. Turn heat down to LOW.



4 - 6 minutes

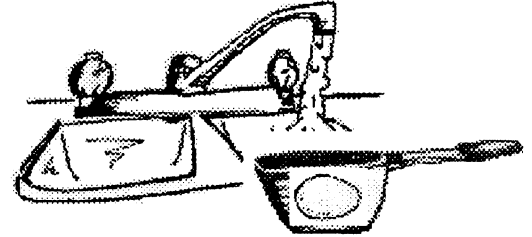
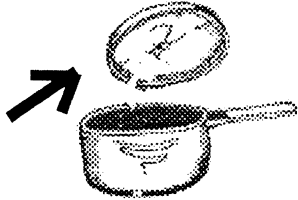


OFF



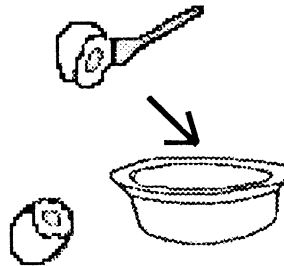
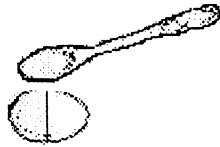
Simmer 4 - 6 minutes. Turn stove OFF.

3.



Remove lid. Drain water from pan. Run cold water over the egg until cool enough to handle.

4.



Crack egg with spoon in middle of egg. Scoop egg from egg shell into bowl. Serve.

SOFT COOKED EGG

You Need:

1 egg
salt and pepper
saucepan with lid
water
bowl
spoon

1. Place egg in saucepan. Add enough cold water to cover 1 inch above the egg.
2. Put pan on stove. Turn heat to HIGH. Bring to a boil. Cover with lid. Turn heat down to LOW. Simmer 4 - 6 minutes. Turn stove OFF.
3. Remove lid. Drain water from pan. Run COLD water over the egg until cool enough to handle.
4. Crack egg with spoon in middle of egg. Scoop egg from egg shell into bowl. Serve.