Hard-Boiled Eggs for kids

Breakfast · ages 11 to 14 (grades 6th–8th) · about 15 minutes, plus 25 minutes waiting · serves 3

Cook once, snack all week: hard-boiled eggs with the yolk set all the way through and shells that peel off. Steps marked Grown-up step are for a grown-up to do.

Ingredients

- 6 eggs
- 2 cups ice
- a pinch salt

Tools

A big pot, The stove (grown-up), A mixing bowl, A big spoon, A plate.

Steps

1. Wash your hands with soap for twenty seconds.
2. Put 6 eggs in a pot, in one layer.
3. Wash your hands: raw eggshells can carry germs.
4. Cover them with cold water, about a finger's width over the tops.
5. Grown-up step: A grown-up brings the pot to a full boil on the stove.
6. Grown-up step: A grown-up turns off the heat, puts the lid on and sets a timer for 12 minutes.
7. While they wait, fill a bowl with cold water and 2 cups of ice.
8. Grown-up step: A grown-up lifts the eggs into the ice water with a big spoon.
9. Leave them in the ice water for 5 minutes, until they're cold.
10. Tap an egg on the counter to crack the shell all over.
11. Roll it gently under your hand, then peel it, starting at the fat end.
12. Rinse the peeled egg under the tap, and wash your hands too.
13. Sprinkle on a pinch of salt and eat, or keep them in the fridge for up to a week.

Safety notes

- Hot! A grown-up does this part.
- Contains eggs. Swap an ingredient for an allergy where the recipe lists a swap.
- Raw egg can carry germs: wash your hands after touching it, and eat eggs only once they're cooked.

Kitchen science

Heat makes the runny proteins in an egg unfold and tangle together, so the white and the yolk set from liquid to solid.

Make it your own

- Have a grown-up halve one, and sprinkle on a pinch of paprika.
- Mash one with a spoonful of mayonnaise for egg salad on toast.
- Pack one, still in its shell, for lunch tomorrow.

Questions about hard-boiled eggs

How long do you boil eggs for hard-boiled? Bring them to a boil in cold water, then turn off the heat, cover the pot and leave them 12 minutes for large eggs (9 for medium, 15 for extra-large). Then cool them in ice water.

Why is there a green ring around the yolk? The egg cooked too long or cooled too slowly. Iron in the yolk and sulfur in the white meet and turn grey-green. It's safe to eat; the ice bath stops it.

How do you make hard-boiled eggs easy to peel? Use eggs that are a week or two old, cool them in ice water, crack the shell all over and start peeling at the fat end, where there's a little air pocket.

How long do hard-boiled eggs keep? Put them in the fridge within two hours of cooking and eat them within a week, peeled or not.

Free at peabody.kids/kitchen/hard-boiled-eggs