

Hard Cooked Eggs

Unit: Medium Skillet

6 - Eggs

4 - Paper Towels

Soak the paper towels in water and place 2 of them into the skillet. Arrange the eggs evenly on top of the paper towels and place the remaining paper towels covering them.

Turn the stove to medium heat and place the lid on the unit with the valve open. Cook until the valve starts to whistle. (about 5 minutes) Next, reduce the heat to low and cook for 12 more minutes. Finally, remove one egg and crack it open to test it. If it is cooked through, rinse and peel the eggs before serving.



HEALTH QUEST