



Mrs Crimble's Boiled Eggs and Soldiers

Boiled eggs are great served with the yolk a little runny so the toasted bread soldiers made with Mrs Crimble's gluten free bread can be dipped into the egg and then pulled out dripping with the delicious runny yolk. However take care that the egg white is not undercooked



Mrs Crimble's guide for boiling an egg...

Producing a perfectly boiled egg is mainly down to the timings used. Best to experiment a number of times as many people have a different view on the best timings to produce a perfect egg

In a small saucepan bring to the boil enough water to cover the eggs. Turn the heat down to a gentle simmer and using a tablespoon add the eggs gently to the pan. Immediately set the timer. Simmer gently taking care the eggs don't bounce around too much

Suggestions of timings...

4 minutes – will give a really soft-boiled runny egg

5 minutes – will give an egg white that is just set and a yolk that is still runny

7 minutes – will give an egg white and yolk that are set, maybe with a slightly soft yoke in the centre

With Soldiers...

Crack and slice off the top then enjoy with toasted or fresh buttered Mrs Crimble's bread soldiers

Helpful hints...

When the eggs are boiled, pressure can build up in the air pockets & cause cracking. To stop this make a pinprick in the rounded end of the shell which will let the steam escape. Also boil eggs that are already at room temperature