FLEURISH / DOCTOR'S KITCHEN

Everything eggs

a simple make-ahead snack

Firm eggs and a savory sprinkle, ready for snack time.



3 servings / 6 eggs | **Prep 2 min** | **Cook about 20 min** | **About 35 min total**

INGREDIENTS

- ☐ 6 large eggs
- ☐ 1/2 tsp everything seasoning per egg (1 tsp per 2-egg serving)
- ☐ Cold water to cover eggs by 1 inch, plus a large bowl of ice water

LET'S COOK

☐ **1. Fill the pot**

Set eggs in a single layer in a saucepan. Add cold water to cover by 1 inch. Prepare a bowl of ice water.

☐ **2. Boil gently**

Bring to a full boil over high heat, about 8 to 10 minutes. Reduce to medium and boil gently for 10 minutes.

☐ **3. Cool and peel**

Use a slotted spoon to transfer eggs to ice water for 10 to 15 minutes, until cold. Crack and peel under cool running water, starting at the wide end.

☐ **4. Season and serve**

Halve 2 eggs per serving. Sprinkle each half with about 1/4 tsp seasoning. Or use a pinch of salt and pepper per egg. Season just before eating.

Boiling water burns; use a slotted spoon. Keep eggs covered in the fridge, peeled or unpeeled, and eat within 1 week. Most seasoning blends already contain salt.