How to boil an egg

Read through all steps first, then perform each step.

Note: If you are unsure of any of the steps or have questions, speak to your trainer before continuing.

Step 1
Take the eggs out of fridge and allow them to reach room temperature.

Step 2
Place eggs in medium sized saucepan.
Put enough cold water in the pan to cover the eggs.

Step 3
Put the saucepan on medium heat.

Step 4
When the water just starts to boil, reduce the heat to a simmer.

Note
A simmer is when the water is heated to just below boiling point. A small amount of steam will be seen leaving the water surface and tiny bubbles can be seen in the water.
Step 5
Cook the eggs for ....

4 minutes = soft boiled eggs.  
8 minutes = hard boiled eggs.

Step 6
Use a slotted spoon to remove the eggs from saucepan.

Step 7
Place eggs in egg cup to serve.