How to boil an egg

You must complete the following steps to boil an egg. The first thing you must do is bring the eggs to ambient room temperature, so if they are in the refrigerator remove them from the refrigerator and allow their temperature to become equal to the temperature of the room. Next access a cooking vessel such as a pot or saucepan, put the eggs in the vessel, fill it with cold water from the tap and place it on the stove. Medium heat is used to raise the water temperature until it is simmering, leave the eggs simmering until they are soft or hard boiled, soft boiled takes approximately 4 minutes while hard boiled will take longer, usually about 8 minutes, when the cooking process is complete, remove the eggs with a suitable kitchen utensil such as a slotted spoon; the eggs are now cooked and you can serve them in an egg cup.

Speak to your trainer if you have any difficulties.