Perfect Hard Boiled Eggs, America’s Test Kitchen (Video: Season 20, Episode 24 “The Chicken or the Egg”), adapted by Lauren Singer

Simple recipe, but takes some forethought. You’ll have to have a sturdy container with a tight fitting lid that can accommodate the quantity of eggs cooked, plus water and ice to cover. Use about 1:1 water and ice, which means to be sure you have enough ice on hand. First time around making these try 4 eggs to make sure your set up works. The trick about this method, is that the eggs don’t cool the water when introduced to the pan, because they do not go into the water, but sit just above the water, in the steamer.

When the time is up, pop them, with tongs or slotted spoon, into the ice bath. Wait 15 minutes for them to cool. And the FUN part is at the end, when you shake them up like crazy to break the shells (remember the sturdy container with tight lid?).

Then, the shells peel off like a dream and are ready for their next step in your cooking. - - Lauren

Makes easily up to 6 or 8 eggs Time: about 30 minutes

Equipment: Sauce pan with lid; stainless steel steamer insert with legs; lots of ice; cold water; sturdy container with tight fitting lid.

Ingredients & Instructions

1 to 8 Eggs (cold from fridge)

In a sauce pan (that will fit the amount of eggs to go in the steamer) bring about 1” of water to a rolling boil.

With tongs or slotted spoon, put the eggs in the steamer, cover, lower heat, but continue to boil for 13 mins.

During the last minute or two of the boil, put ice & ice water into the container.

With tongs or slotted spoon, transfer eggs directly to the icy container and wait 15 mins.

FUN PART: Vigorously shake the eggs inside the container, which will crack the shells. They will peel very easily. (If you don’t have a lidded container to shake the eggs up in, use any container for the ice bath, and crack the shells as normal.)

Soft Cooked & Jammy Eggs

This method also works for soft-cooked & jammy eggs (‘tween soft & hard), by adjusting the boiling times. Don’t shake these after the ice bath, because they’re not cooked as solidly.

Also, cool down these eggs under cold running water for about 30 seconds when eating right away.

Soft - Cooked 6 ½ minutes

Jammy Eggs 8 minutes