



# Soft Boiled Eggs

With toast soldiers

Recipe by Michael Norton



Serves 1



5 minutes

## INGREDIENTS

- 2 eggs
- 1 litre water
- 2 slices of bread
- Butter

## NOTES

I have used vinegar and or salt in the cooking liquid but prefer just water

## THREE METHODS FOR BOILING:

1. Hot water start:

Allow your eggs to temper to room temperature. Bring water to the boil. Lower your eggs into the water and adjust heat so the water is simmering. Cook for 3 minutes. Remove from liquid and place in egg cup – serve immediately with toast soldiers.

2. Cold water start:

Place eggs and water into a pot ensuring the eggs are covered. Bring water to the boil over medium heat. Once water comes to the boil, reduce to a simmer and cook for 1 minute. Remove from the pot and serve immediately with toast soldiers.



# Sundays

with Lucie Cutting

on 936AM and the ABC listen app





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## THREE METHODS FOR BOILING:

3. Steeping method – Popularised by Heston Blumenthal:

Place eggs and water into a pot and place a close-fitting lid on the pot

Bring to the boil on a high heat.

Once bubbles appear remove from the heat and stand for 6 minutes.

Remove and serve immediately with toast soldiers.



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