

Soft-Boiled Eggs

Preparation

1. Fill a saucepan with a few inches of water and set it over high heat and let the water come to a rolling boil
2. Lower the heat and let the water reduce to a rapid simmer
3. Gently lower the eggs into the water one at a time
4. For 1 to 2 eggs, cook 5 minutes for a very runny yolk or up to 7 minutes for a barely set yolk
5. Remove the eggs with a slotted spoon
6. Run under cold tap water for 30-60 seconds
7. Set the egg upright in an egg cup or a small ramekin filled with rice (remove the cap by using the edge of a knife to gently tap around the top or use an egg-cutter)
8. Eat the egg straight from the shell with a small spoon or toast for dipping

