

COOKED EGGS

Yield 100

Portion 2 Each

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
149 cal	1 g	12 g	10 g	425 mg	126 mg	49 mg

Ingredient

EGGS,WHOLE,FRESH

Weight

22 lbs

Measure

200 each

Issue**Method**

- 1 HARD COOKED EGGS: Place eggs in baskets as needed; cover with hot water. Bring to a boil; reduce heat; simmer 10 to 15 minutes. DO NOT BOIL. Remove from water; serve immediately. CCP: All fresh shell eggs must be heated to 155 F. or higher for 15 seconds.
- 2 SOFT COOKED EGGS: Cook individual portions. Place eggs in baskets; cover with hot water. Bring to a boil; reduce heat; simmer 4 minutes. DO NOT BOIL. Remove from water; serve immediately.

Notes

- 1 Remove eggs from refrigeration 30 minutes before using.
- 2 Eggs may be placed in perforated steamer pans and steamed to desired doneness.
- 3 If hard cooked eggs are to be used in salads or other dishes, plunge into cold running water immediately after cooking; add ice, if necessary, to cool eggs. CCP: Refrigerate at 41 F. or lower.
- 4 COLD WATER METHOD FOR COOKED EGGS: Place eggs in basket as needed; cover with cold water. Bring to a boil; reduce heat. For soft cooked eggs, simmer 1 minute. For hard cooked eggs, simmer 8 to 10 minutes. DO NOT BOIL.
- 5 STEAMER METHOD FOR COOKING EGGS: Grease steamer pan. Break eggs individually into a small container before dropping into greased pan. Egg depth should not exceed 2 inches. Place pan, uncovered, in steamer at 5 pound pressure for 6 to 8 minutes or 15 pound pressure for 5 to 7 minutes. Remove pan from steamer; cut eggs for easy removal. CCP: Fresh eggs must be heated to 155 F. or higher for 15 seconds. Consistency of cooked eggs can be controlled by adjusting cooking time.