

Simple prompt

What is the best way to boil an egg

Boiling an egg is quite straightforward, but getting it just right—whether you prefer it soft, medium, or hard-boiled—does have a few nuances. Here's a simple guide to help you achieve your preferred level of doneness:

1. **Start with Room Temperature Eggs:** If possible, start with eggs that are at room temperature. This can help prevent cracking when they're placed in hot water.
2. **Use a Saucepan:** Place the eggs in a saucepan and add cold water until the eggs are covered by about an inch of water. Starting with cold water and then heating allows the eggs and water to warm up together, which helps prevent the eggs from cracking.
3. **Bring to a Boil:** Put the saucepan on the stove, turn the heat to high, and bring the water to a boil.
4. **Turn Off the Heat and Cover:** Once the water is boiling, turn off the heat and cover the saucepan with a lid. The residual heat in the water will continue to cook the eggs.
5. **Set Your Timer for the Desired Doneness:**
 - For soft-boiled eggs with a runny yolk, let them sit in the hot water for about 4 to 6 minutes.
 - For medium-boiled eggs with a slightly firm yolk, 7 to 9 minutes should do the trick.
 - For hard-boiled eggs with a firm yolk, wait about 10 to 12 minutes.
6. **Prepare an Ice Bath:** While the eggs are sitting, prepare an ice bath by filling a bowl with ice and water. This will stop the cooking process once the eggs are done.
7. **Cool the Eggs:** Once your eggs have reached the desired doneness, use a slotted spoon to transfer them to the ice bath. Let them cool for a few minutes. This also makes peeling easier if you're planning to eat them right away.
8. **Peel (If Necessary) and Enjoy:** Tap the eggs gently on the countertop to crack the shell and peel. Starting at the wider end can help, as there's usually an air pocket there which makes peeling easier.

Remember, the times can vary slightly based on the egg size, the number of eggs you're cooking, and whether you're starting with cold or room-temperature eggs. It might take a bit of experimenting to find your perfect timing.

Bespoke prompt

I don't want to use a lot of energy, I don't have a lot of worktop space, I have a small gas hob and I only have about ten minutes to prepare my eggs in the morning. How would you recommend I get the best boiled egg. Are there better ways to eat eggs within those constraints

Given your constraints—wanting to conserve energy, limited worktop space, a small gas hob, and only about ten minutes for preparation—here are two approaches to efficiently prepare eggs in the morning:

Efficient Boiled Egg Method

1. **Use the Least Amount of Water Possible:** To save on energy, use a small saucepan that's just big enough to hold the eggs you want to cook and cover them with about an inch of water. The less water you use, the quicker it will boil.
2. **Cover the Saucepan:** Once you've added the eggs and water, cover the saucepan. This helps the water boil faster, conserving energy and time.
3. **Boil Quickly and Let Sit:** Bring the water to a boil quickly over high heat. Once it's boiling, turn off the hob. Keep the saucepan covered and let the eggs sit in the hot water to continue cooking. For a soft to medium-boiled egg, letting them sit for about 6-7 minutes should be sufficient. This method uses the residual heat to cook the eggs, saving energy.
4. **Prepare Other Things While Eggs Sit:** Use the time while the eggs are sitting in the hot water to prepare anything else for your breakfast, like making a cup of tea or toasting some bread.

Alternative Quick and Energy-Efficient Egg Methods

If you're open to trying other ways to enjoy eggs that fit your constraints, here are a couple of quick and easy methods:

1. **Fried or Scrambled Eggs:** These methods require only a couple of minutes of cooking on the hob. You can heat a small pan while you beat the eggs, then pour them in and cook to your liking. Scrambled eggs cook very quickly, usually in under three minutes, and fried eggs can be done to your liking (sunny side up, over easy, etc.) in a similar amount of time.
2. **Microwave Poached Eggs:** If you have a microwave, you can poach eggs in about a minute. Fill a microwave-safe mug or bowl with half a cup of water, crack an egg into the water, cover with a plate, and microwave on high for about 60 seconds. This method is super quick and requires minimal cleanup.
3. **Omelette:** Beat a couple of eggs, pour them into a hot, lightly greased pan, and cook for a minute before adding any fillings like cheese, ham, or vegetables. Fold and serve. This method is quick, and you can prepare the fillings the night before to save time.

Each of these methods allows you to prepare eggs within your ten-minute timeframe, with minimal use of energy and space. They also provide variety to your breakfast routine without needing additional kitchen gadgets or significant prep time.