

CRUNCH TIME

Cracking And Shelling Eggs



INGREDIENTS:

- 11 fresh eggs
- 3 hard-boiled eggs with shell on

EQUIPMENT:

- 3 teaspoons
- Clear glass jar with lid



METHOD:

1. To crack an egg, tap the egg firmly on the side of a bowl or on the bench, gently pull the sides apart, and let the insides drop into the container
2. It is best to crack an egg into a separate dish before adding it to your mixture, in case bits of the shell fall in as well or the egg is bad
3. If you want to be really tricky, try a one-handed egg crack
4. Peel a boiled egg without leaving bits of shell on it. Tap the bottom, wider part of the egg on the bench and peel the shell just from the bottom. Take a teaspoon and slide it under the shell and slowly rotate the teaspoon under the shell until the shell comes away
5. Another way is to take a glass jar with a lid. Put the boiled egg in the jar and cover with water. Put the lid on tightly and then shake. Take the egg out and the shell should easily come away from the egg
6. How strong is an egg? Eggs seem quite fragile. Place an egg in your palm and close your hand around it so your fingers are completely wrapped around the egg. Squeeze as hard as you can. The egg should remain in one piece. If you've ever dropped an egg you know the shell is fragile, but the shape of an egg is very strong. If pressure is applied evenly all over the shell it will not break

ADDITIONAL NOTES:

Boil water in kettle
Roast lamb
Roast pumpkin
Roast onion



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