COOKED EGGS

Yield 100  Portion 2 Each

<table>
<thead>
<tr>
<th>Calories</th>
<th>Carbohydrates</th>
<th>Protein</th>
<th>Fat</th>
<th>Cholesterol</th>
<th>Sodium</th>
<th>Calcium</th>
</tr>
</thead>
<tbody>
<tr>
<td>149 cal</td>
<td>1 g</td>
<td>12 g</td>
<td>10 g</td>
<td>425 mg</td>
<td>126 mg</td>
<td>49 mg</td>
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</tbody>
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**Ingredient**

EGGS, WHOLE, FRESH

**Weight** 22 lbs  **Measure** 200 each

**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.