



Easy Boil™ Coloring Liquid Egg Whites

Simple instructions to make cooked colored liquid egg white “eggs” for festive occasions or lunch boxes.

Course: Appetizer, Side Dish, Snack

Servings	Prep Time	Cook Time
8 Whites	5 Minutes	14 Minutes

Ingredients

1 carton liquid egg whites 16 ounces

Servings: 8 Whites

Units: Metric

Instructions

1. Use a small to moderate amount of butter, olive (vegetable) oil, or vegetable oil spray to grease the inside of the cups.
2. Place 1 cup of water into a 10” or 12” skillet. Using a larger skillet than 12” will require more water and cooking time.
3. Place the cups into the water, open side up. Do not turn on the burner yet.
4. Place $\frac{1}{4}$ of a cup or 3 Tablespoons of liquid egg whites into each cup.
5. Add drops of food coloring to each cup. If you want all of the egg whites to be the same color, use the same number of drops for each cup. Stir gently and remove or pop any large bubbles. 1 to 4 drops for pastels; 8 drops for medium; 12 to 16 drops for deeper color.
6. Cover the skillet. Do not Peek/Peep while cooking.
7. Turn on the burner. Electric Stoves: Cook for 14 minutes on medium heat. Gas Stoves: Cook for 14 minutes on medium low heat.
8. Remove the skillet from the heat and open the lid away from you (tilt the back side up to release the steam away from your face).

9. Remove the Eggourmet® cups with tongs and flip over onto a plate. The eggs should slide out. If not, gently push the indentation on the back side to allow air flow. This will help release the seal on the bottom. If the egg is stubborn, or perhaps not oiled enough, let the egg cool and then press the mold inwards, all the way around, to release the egg from the side of the silicone pan.

10. The eggs will be wet from steam and the water naturally occurring in an egg. It will not hurt the egg. The water will evaporate or you can move the eggs to a different plate. The color will be throughout the white. Unless you used a large amount of food coloring, the food coloring will not come off on your fingers. The water could be colored though, and can be absorbed with a paper towel, or move the egg when it is cool. Enjoy!