

## TEA EGG 茶叶蛋

Makes 10pcs of Tea eggs

Preparation time: less than 10 minutes

Cooking time: 1 hour



Tea eggs are often eaten at breakfast either in congee or on their own with some soymilk on the side. The process of making tea eggs (boil, crack, and boil again in tea and soy sauce) leaves a stunning marbled pattern on the whites of the eggs.



## INGREDIENTS

10 eggs  
2 teaspoons salt  
50ml soy sauce  
15ml dark soy sauce  
1 tablespoon sugar  
1 tablespoon Jasmine tea  
1 piece star anise  
1 bay leaf  
1 cinnamon stick (about 5cm)  
1L water  
Tools:  
1 large pot/wok with lid

## THE METHOD

Wash all the eggs and boil for 6 minutes. Drain and rinse under cold water. Crack the shells of the eggs, but do not remove. Set eggs aside.

Put the remaining ingredients in a pot and bring to a boil. Add in the eggs and boil for another 20 minutes. Turn the heat off and let the eggs soak for 30 minutes. Drain and serve lukewarm in the shell as guests will peel them themselves.

Note: You can keep the eggs, in brine and refrigerated, for up to two days. Reheat the eggs in the brine for 5 minutes before serving. The blue edge around the egg yolk is natural and occurs when you boil the eggs for a long time.

