



Eggs in a steam oven – Soft Boiled, Hard Boiled & Poached

Ingredients

Method

Soft Boiled Egg

Place the eggs onto the wire rack (this will prevent them from rolling) or the large perforated steam tray.

Set the oven to FullSteam 100°C and the cooking time to 6 minutes. Press start.



Hard Boiled Egg

Place the eggs onto the wire rack (this will prevent them from rolling) or the large perforated steam tray.

Set the oven to FullSteam 100°C and cooking time to 11 minutes. Press start.



Poached Egg

Break each egg into a lightly greased shallow dish and place onto the large perforated steam tray.

Set the oven to FullSteam 100°C and the cooking time to 3 minutes. Press start.



Notes

- The eggs tested were 65g and cooked from room temperature.
- Steam oven was not preheated prior to cooking.
- Cooking results will vary if using different sized or refrigerated eggs.
- The number of eggs cooked will not affect the cooking time.