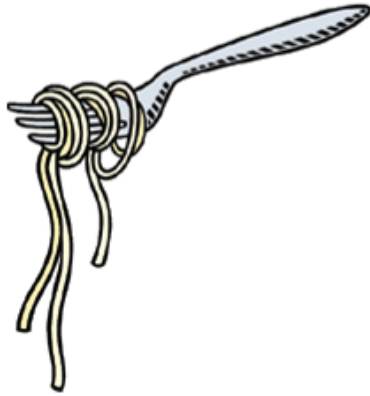


# How to cook pasta & boil eggs

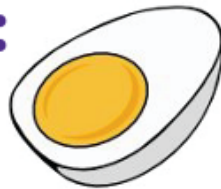
## How to cook Pasta:



### Preparation

1. In a large pot, filled  $\frac{3}{4}$  to the top (18 cups of water), boil the water
2. When the water is boiling, add salt (2-3 tbsp.) and a bit of oil (1-2 tbsp.)
3. Then add the pasta and cook according to the package. Stir frequently.
5. Drain well and serve!

## How to boil the perfect eggs:



### Preparation

1. Place eggs in a pan and add enough water to cover eggs with an inch of water over the top.
2. When the water is boiling, start your timer.
3. Continue boiling eggs at high heat for 4 to 6 minutes (see tips below)
4. Remove eggs and place in ice bath.

### Tips:

**Boiled for 2 minutes:** Yolk still orange and a bit gooey. Not done.

**Boiled for 4 minutes:** Yolk light yellow and soft with a gentle whip in the center. Done.

**Boiled for 5 minutes:** Still light yellow and sporting a cream center. Done.

**Boiled for 6 minutes:** Center less creamy, but yolk still semi-moist. End of done.

**Boiled for 7 minutes or more:** Gray edges begin and yolk is noticeably dryer. Overdone.

**Spices & More! Easy, Tasty & Affordable recipes**

A cookbook by Elisabeth Lendal, Girl Scout Gold Award 2018