

How Long to Boil Eggs

Boiled eggs are one of those basic kitchen skills that become easy once you know what result you are aiming for. This Cooking 101 guide breaks the method down by doneness so you can make a soft, jammy, or fully set egg without guessing.

MAKES 4 EGGS • PREP 5 MIN • SOFT ABOUT 6 MIN • JAMMY 7–8 MIN • HARD 11–12 MIN

Ingredients

- 4 large refrigerated eggs
- enough water to cover by 1 inch
- a bowl of ice water

Tools: Saucepan, slotted spoon, timer, bowl.

How to Tell It’s Ready

For fully cooked eggs, both the white and yolk should be firm. Check one egg from the batch and adjust the next batch if needed.

Troubleshooting

A greenish ring usually means overcooking. A timer and prompt cooling help. Peeling very fresh eggs can be harder.

How to Make It

1. Bring water to a boil. Fill the pan with enough water to cover the eggs by 1 inch. Bring it to a boil before adding the eggs.
2. Lower in the eggs. Use a slotted spoon to lower them gently into the water. Reduce the heat to a gentle boil and start the timer immediately.
3. Choose your yolk. Start around 6 minutes for soft, 7-8 minutes for jammy, or 11-12 minutes for hard-boiled. Adjust for egg size, altitude and your stove.
4. Chill right away. Move the eggs into ice water for 10 minutes to stop cooking.
5. Crack and peel. Tap the shell all over. Start peeling at the wider end, working under a little running water if needed.

Jane’s Note

Make a small batch first and write down the timing that works on your stove. That takes the guesswork out of the next batch.

Refrigerate hard-cooked eggs within 2 hours and use within 1 week. Softer yolks are undercooked; use pasteurized shell eggs for that option. Fully cooked eggs are the safer choice, especially for young children, pregnant people, older adults, and anyone with a weakened immune system.

janesmithlifestyle.co/post/cooking-101-boiled-eggs