

Marbled Easter eggs

Preparing eggs for dyeing

Eggs

Rubber gloves

Old clothes

1. Store your eggs at room temperature
2. Bring a pot of water to the boil. Gently lower the eggs into the boiling water. Boil the eggs for 10 minutes so they are hard boiled
3. Once they are cooked remove from boiling water and cool in a bowl of cold water. Then crack the shells all over but leave them on the eggs

Making the vegetable dyes

1. To make the dyes you will need beetroot, red cabbage and brown onions
2. Roughly chop a beetroot and half a red cabbage. Peel the skins from the onions and keep the

skins – you will make the dye from the skins

3. Place the chopped beetroot, chopped cabbage and onion skins in three separate pots. Cover with water and bring the vegetables to the boil and cook for approximately 5 minutes
4. Remove from the heat and allow to cool with the vegetables still in the water
5. Once cool drain the liquid from the vegetables and keep – these are the dyes ready to use

Dyeing eggs

1. Place the cracked eggs into the dyes. Refrigerate the eggs in the dye overnight
2. Remove the eggs from the dye and peel the shells carefully from the eggs
3. They are now ready to eat



Equipment



Pot



Slotted spoon



Timer



Chopping board and knife



Gloves



Old clothes

Preparation

Hard boiled eggs can be stored in the fridge in their shells for a few days before using

Alternatives

Soft or hard boil eggs?

Bring a pot of water to the boil. Gently lower eggs into boiling water and boil for:

3-4 minutes for runny eggs

5-6 minutes for soft eggs

10 minutes for hard boiled eggs

Serve with wholemeal toast

Nutrition

Eggs contain protein, vitamins and minerals essential for maintaining good health – nature's convenience food.

Protein is a source of energy, but its main role in the body is growth and repair. It helps form muscles, hair, nails, skin and organs.

Cabbage experiment

You will need the dye (liquid) from cooked purple cabbage, vinegar and baking soda.

1. Separate the liquid made from the cabbage and divide into three glass jars
2. Into one glass jar stir in a teaspoon of vinegar, then into another stir in a teaspoon of baking soda
3. Compare the colours of all three – how cool is that!

Skills learned

Cooling and peeling eggs

After eggs have been removed from the heat source, they continue to cook due to residual heat. To stop the cooking process transfer eggs to a bowl of cold water. Add ice to cool quicker. Cold water creates a layer of steam between the shell and the egg white – making peeling easier. Cooling eggs quickly also stops a grey ring appearing round the yolk.

Are your eggs hardboiled?

If the egg spins quickly on a hard surface then it's hard boiled. Uncooked eggs will have a wobbly, unsteady spin.