

## Preparation

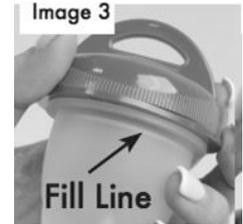
- **Wash and dry Egg Boilers prior to first use.**
- **Thoroughly coat the entire inside of Egg Boilers with cooking oil or spray.**  
**When using cooking spray:** Spray interior with approximately three short bursts. Roll oil around to ensure it is evenly and thoroughly coating Egg Boiler and pour out any excess oil.  
**When using cooking oil:** Place approximately ½ teaspoon cooking oil, such as olive oil or coconut oil, into the Egg Boiler. Roll oil around to fully coat inside Egg Boiler. Pour out excess oil.

## Cooking instructions:

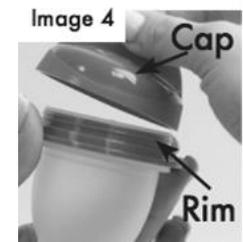
1. Fill a large saucepan with 3 to 4 inches of water so that the Egg Boilers do not touch the bottom of the pan.
2. Using high heat, bring the water to a rolling boil (Image 1).



3. Thoroughly coat the entire inside of the Egg Boilers with oil or cooking spray.
4. Fill each Egg Boiler with a whole egg or egg mixture (Image 2). Do not fill above the fill line (Image 3).



5. Hold Egg Boiler by the rim to twist on cap (Image 4).



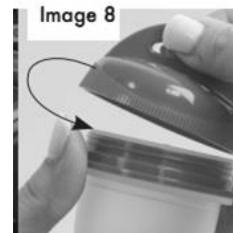
Hold the handle and carefully place Egg Boiler into boiling water (Images 5 & 6).



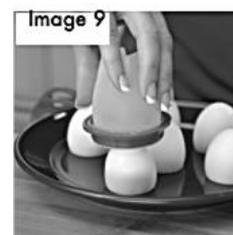
6. Refer to cooking times. All times are approximate and will vary depending on stove type, number of Egg Boilers in the pot, size of eggs, other ingredients used, etc.

Type	Cook Time
Hard Boiled	13 - 16 minutes
Medium Boiled	11 - 13 minutes
Soft Boiled	8 - 10 minutes
Omelette (Yolk and White)	13 - 15 minutes
Omelette (Egg white)	12 - 14 minutes
Omelette (Egg Substitute)	13 - 15 minutes

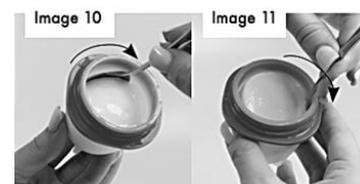
7. When cooked, turn off heat and carefully remove Egg Boilers with tongs.
8. For Hard Boiled: Place in cool water or allow to cool on the counter.
9. For Omelette and Soft Boiled: Let sit for a few minutes before serving.
10. Once cooled, untwist the cap and remove (Image 8).



11. Gently squeeze or shake egg onto plate (Image 9).



12. To help loosen egg from Egg Boiler, run tip of spoon around the inside of the cup between egg and Egg Boiler (Images 10 & 11).



#### Additional tips:

- **Cooking times will vary** depending on stove type, number of Egg Boilers in pot, size of eggs, other ingredients used, etc. Make note of cooking time and result until you have established ideal cooking time for desired outcomes.
- Keep a constant rolling boil for best results. You can place a lid on the pot to help maintain boil, but ensure lid is vented or tipped to release excess steam. (Image 7).



#### Note:

- **Use caution when handling hot egg boilers.**
- **Use tongs when removing egg boilers from boiling water.**
- **When adding meat product, ensure meat is fully cooked prior to adding it to egg boiler.**
- **Cooked eggs may be refrigerated while still in egg boilers for no more than 48 hours**
- **No Shell Egg Boilers cannot be used in microwave ovens.**

#### CARE AND CLEANING INSTRUCTIONS:

- Preferred cleaning method: fill egg boilers with hot water and allow to sit for 5-10 minutes. Wash with sponge and warm, soapy water.

#### DISPOSAL

- Dispose of all packaging, paper, cartons, plastic and plastic bags in accordance with your local recycling regulations.
- At the end of the product's lifespan please dispose of it at an authorised household waste recycling centre.