

Eggs

Kitchen

How to tell if one is fresh, and what each cooking time produces.

Boiling times for a large egg lowered into already-boiling water.

Minutes	Result
6	Runny yolk, set white
7	Jammy yolk
8	Softly set yolk
9	Almost firm
10	Firm, still bright
12	Fully hard-boiled
14+	Grey ring; overcooked

The grey-green ring around an overcooked yolk is iron sulphide. It is harmless, and it means the egg cooked too long.