



The perfect soft-boiled egg for breakfast

Ingredients

- fresh free-range eggs at room temperature (allow 1 egg per person)
- slices of wholemeal bread, warm and toasted 'till golden
- good quality soft butter
- sea salt flakes and freshly ground pepper

Method

With an adult to help you:

1. Bring a saucepan of water to simmering point on the stovetop.
 2. Use a big enough saucepan to allow for the eggs to be covered by the water without overflowing and so the eggs don't bump into each other and crack.
 3. Place the eggs carefully into the simmering water using a large slotted spoon.
 4. Cook the eggs for 1 minute on a gentle simmer then remove the saucepan from the heat and cover with the lid.
Leave to cook gently in the hot water for a further 4 minutes.
 5. Remove the eggs from the water with the slotted spoon.
Pop into an eggcup and serve with warm wholemeal buttered toast soldiers, salt and pepper.
- ❖ simmer: to cook liquid over a low heat (not quite boiling, only small bubbles should be rising to the top).