

Boil an egg without filling the pot with water.

Take a paper towel and wet it.



Fold the paper towel and place in pan.



Put the egg on the paper towel



Cover with Vac Control valve open to whistle setting and turn on to medium high heat. (6)



Put your kitchen timer on for 6 minutes if you like it soft boiled. Eight minutes for medium boiled.



Once the pan starts to whistle, close the Vac Control Valve and turn off the heat.



When the timer goes off 6 minutes later, you are ready to enjoy a lovely soft boiled egg.



For 40 years I was filling my pot to just cover the egg to boil it. Then I saw this on the DVD that comes with our cookware and saw how easy it was and how much energy and time I could have saved all those years.

You can find more interesting recipes on our web site at
http://www.belkraft.com/Waterless_cookware_recipes.html#eggs