MICROWAVE egg cookers

Information Sheet

COOKING INSTRUCTIONS

1 Sprinkle a few grains of salt in the bottom of the egg cooker. This helps to cook bottom of egg evenly.

2 Break one egg into egg cooker. Microwave one egg at a time.

3 With a fork, pierce yolk and white to bottom of egg cooker several times. Piercing is necessary to prevent "exploding" during cooking.

4 Place lid on egg cooker base, lining up notches. Twist to secure. Pop into microwave.

FOR SOFT-COOKED EGG: Microwave on High for 30 seconds ***or*** Medium for 50 seconds. If still undercooked, turn egg over and microwave for another 10 seconds, or until cooked. Let stand for 10 seconds before removing egg from the egg cooker.

FOR HARD-COOKED EGG: Microwave on High for 40 seconds. Let stand for 30 seconds before removing egg from egg cooker.

FOR SCRAMBLED EGGS: Whisk egg before cooking. Microwave on High for 35 seconds, stirring halfway through cooking. Let stand for 20 seconds. Stir to scramble egg before removing from egg cooker.

CARE & TIPS

- Wash thoroughly with hot soapy water; rinse and dry.
- Egg cooker is safe to use in both dishwasher and microwave.
- DO NOT use in convection microwave oven set to convection mode.
- Cooking time will vary depending on microwave oven cavity-size, wattage and desired consistency of yolk. Times provided are for a 1000-watt microwave oven. Increase time slightly for lower wattage; decrease for higher wattage. Start with shortest time and increase in 10 second intervals. Note the time that works best for your microwave oven.
- Times given are for large eggs. The egg cooker works best with large eggs.
- Always crack egg into microwave-safe container and pierce yolk and white several times or whisk before cooking in microwave.
- Microwave one egg at a time.
- NEVER COOK AN EGG IN ITS SHELL IN THE MICROWAVE; IT WILL EXPLODE.

QUICK & DELICIOUS IDEAS

SERVES 1

QUICK EGG WRAP

Spread 1 tbsp (15 mL) salsa, ketchup, mayonnaise or your favourite topping in centre of a large flour tortilla. Prepare one scrambled egg in the egg cooker and arrange on topping of choice. Sprinkle with pepper and shredded cheese. Roll up, tucking in ends, and microwave on High for 20 seconds, or until tortilla is warm and cheese is melted. Makes 1 wrap.

SERVES 1

QUICK EGG BENEDICT

Mix 2 tsp (10 mL) light mayonnaise, ¼ tsp (1 mL) Dijon mustard and a few drops of lemon juice. Prepare one egg in the egg cooker. Spoon mixture over egg before standing time. At end of standing time, place egg and sauce onto a toasted English muffin half topped with a thin slice of warm ham.

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