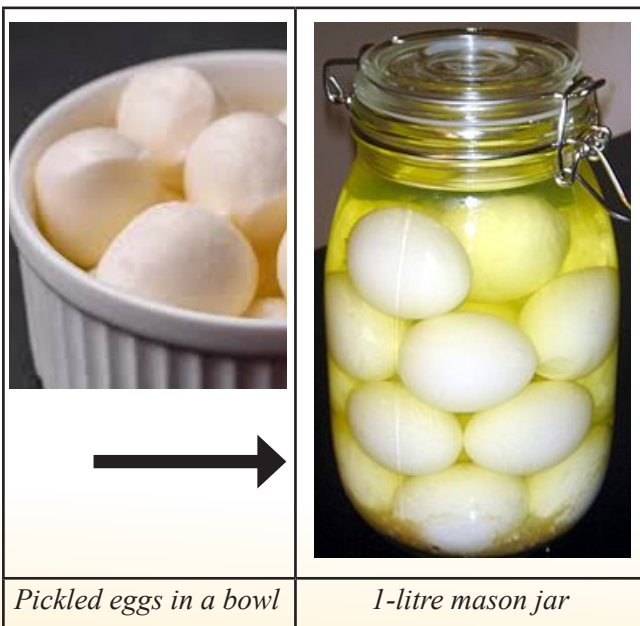


4. Place peeled eggs, garlic, and rosemary leaf in a 1-litre mason jar; top with vinegar mixture. Seal the jar and refrigerate for at least 1 week before serving.



*Pickled eggs in a bowl*

*1-litre mason jar*

### Precaution

- Use fresh raw eggs without any deformities.
- Observe hygiene when handling eggs.
- Use potable water.

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**KALRO/NAVCDP/ IC/  
Brochure No.060/2024**



## HOW TO PREPARE PICKLED EGGS



## Introduction

Pickling preserves eggs while retaining their nutritional value, including being rich in protein and cholesterol while relatively low in calories. Pickled eggs offer a tasty and attractive way to enjoy these benefits.

## Ingredients

- 12 small eggs
- 3 cups white vinegar
- ¼ cup white sugar
- 1 tablespoon salt
- 2 cloves or garlic
- 1 rosemary leaf

## Equipment

- Cup
- Bowl
- Tablespoon
- Saucepan
- Source of heat

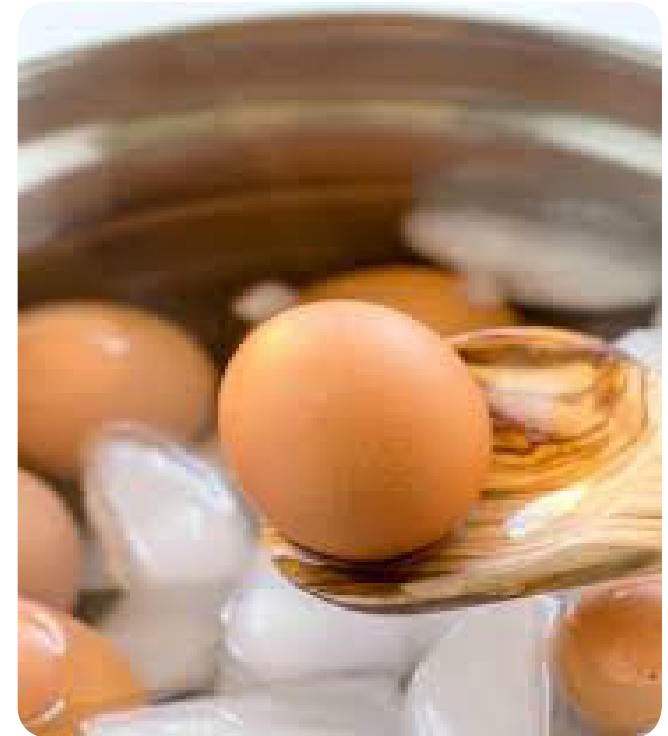
## Procedure

1. Assemble all the ingredients and utensils required



### 2. Boil the Eggs

- ✓ Begin by putting the eggs into a saucepan, ensuring they are fully submerged in water, and bring to boil.
- ✓ Remove the saucepan from the heat source after the water is boiled.
- ✓ Allow the eggs to sit in the hot water for about 15 minutes.
- ✓ Carefully take the eggs out of the hot water and immediately cool them under cold running water.
- ✓ Once they are cool enough to handle, peel the eggs.
- ✓ Dispose of the hot water appropriately.



3. Boil vinegar, sugar, and salt in the same saucepan until sugar is dissolved. Remove from heat.

