

# How to Cook a Steamed Egg

## Introduction

Steamed egg is a Chinese (Cantonese) traditional home-style dish. You can find it almost in every Chinese (Cantonese) restaurant. Knowing how to cook a steamed egg is very important to promote Chinese (especially Cantonese) culture to everybody all over the world. It is because in America, some of the Chinese restaurants are not really making real Chinese food, some of them I never heard of and eat when I was in Hong Kong. However, steamed egg is a very traditional home-style dish; therefore, people who want to learn the real Chinese culture must try steamed egg or try to cook a steamed egg. Also it is cheap, fast, easy to make and it is delicious. .

## Materials:

- A hungry person who love Chinese food
- A steamer (I prefer to use the Chinese steamer which is a double layers steamer.)
- A fork (option: chopstick)
- A plate (Not the very flat one, but something like cake pan)
- A bowl
- A working stove
- A timer (option: cell phone, a person who can time for you)



### Ingredients:

- Egg - 4 medium (option 3 larger Egg)
- Chicken broth- 1 can
- Salt - a little bit

### Quick step:

1. Boil water
2. Crack eggs, one at a time, in a bowl
3. Stir eggs until the egg yolk and egg white mix together
4. Put a little bit salt into the beaten eggs.
5. Open the can of chicken broth, pour it in the shallow pan
6. Pour the beaten eggs into the chicken broth.
7. Beat the eggs and chicken broth mixture until they mix together
8. Put the whole plate into the steamer (option: you can warp the whole plate with a piece of aluminum foil, it will make the presentation of the steamed egg more pretty.)
9. Wait for about 5 to 15 minutes (It depends on what stove you have, if your stove is very strong, you should check after 5 minutes of cooking.)
10. Ready to serve

### Procedure

Step 1: Take out a steamer, and then pour some water into the steamer, until it is half full. However, if your stove is strong, you can put more water in it, just in case it burns your kitchen.

Step 2: Turn on the stove and let the water boil. While the water is boiling, we can prepare the dish.

Step 3: Crack the eggs, one by one into the bowl.



*Crack eggs into the bowl, one at a time*

Step 4: Stir it until egg yolk and egg white mix together, and you will see the nice light yellow color.



*Stir eggs until the egg yolk and egg white mix together*

Step 5: When you see the light yellow color, you can put a little bit of salt into the egg mixture. It depends on how salty you want but I have to remind you the chicken stock is salty too. Therefore, you actually do not need to put a lot of salt in it.



*Put salt into the egg mixture*

Step 6: Open a can of chicken broth and pour the whole can of chicken stock into the shallow pan. I prefer to use the Swanson chicken broth and 99% fat free because it is healthier but the taste is still good.



*Pour the whole can of chicken stock into the shallow pan*

Step 7: After pouring the soup into the plate, you can start pour the egg mixture into the chicken stock. However, you just need to pour a small amount of egg mixture, and the stir it, and pour a small amount of egg mixture, and the stir it again, until the chicken broth and the egg mixture are mix together.



*Pour just a little bit of the egg mixture into the chicken stock, and then stir it*

Step 8: This will be the final step of making steamed egg; you just need to put the whole plate into the steamer, and then wait for 5 to 15 minutes. The timing is varying from stove to stove, for example, I just cook the steamed egg for lunch and I just steam it for 5 to 8 minutes because my stove is very strong. However, it is very important that you should put the plate into the steamer while the water is boiling.



*Put the plate into the steamer while the water is boiling, and then wait for 5 to 15 minutes.*

You can use a spoon to check if the egg is done. If it feels very smooth but not very firm when you put a spoon into the egg, it is done and it is ready to eat.



*Check the steamed egg with spoon to test if it is done*

## Outcome

For cooking a steamed egg, it can produce a lot of different outcomes if the time is not right and if the amount of ingredient is wrong. If you under cook the steamed egg, the steamed egg will be very watery, on the other hand, if you over cook it, the steamed egg will be very firm. Moreover, if you finish cooking with the egg but it is not salty enough, you can pour a little bit soy sauce on top of the steamed egg, it also tastes delicious. Also, if you want your egg smoother --- as you see my steamed egg is not very smooth at the edges, you can see little holes everywhere; you can wrap the whole plate before putting the plate into the steamer. It will make the steamed egg more even.



*A ready to serve steamed egg!*