



Let's Make Chinese Tea Eggs!

A perfect addition to your Qing Ming
and Cold Foods Festival picnic

Serves 6

Ingredients:

6 large chicken eggs
approximately 3 1/2 cups water
4 black tea bags
2 tablespoons soy sauce
2 star anise, broken into pieces
1 stick cinnamon

This activity requires
ADULT HELP!

Directions:

1. Place the eggs in a saucepan and add enough cold water to cover them. **ASK AN ADULT** to bring the water to a boil.
2. **ASK AN ADULT** to reduce the heat and simmer the eggs until they are hard-boiled, about 10 minutes. Lift the eggs out of the water and place them in a bowl of cold water. Keep the water left in the pan.
3. When the eggs are cool enough to touch, create cracks in the shells by lightly tapping them with a spoon or rolling them on a hard surface. **DO NOT** remove the shells.
4. Add the tea, soy sauce, anise and cinnamon to the hot water in the saucepan and bring to a boil. Reduce heat and simmer for 20 minutes.
5. Add eggs and continue simmering for 30 more minutes. Turn off the heat and let the eggs sit in the mixture until cool.

To serve, simply peel away the eggs' shells and enjoy!