

# CRUNCH TIME

## Eggcellent



### INGREDIENTS:

- 11 Fresh eggs
- 1 Stale egg, approximately 3 weeks old and left out of fridge
- 3 Hard-boiled eggs with shell on
- 2 Spare fresh eggs – just in case
- 2 Spare stale eggs – just in case
- 2 Spare hard-boiled eggs with shell on – just in case

### EQUIPMENT:

- 2 glasses 3/4 filled with water
- 4 plates
- 5 glass bowls
- Clear plastic bottle, no lid
- Funnel

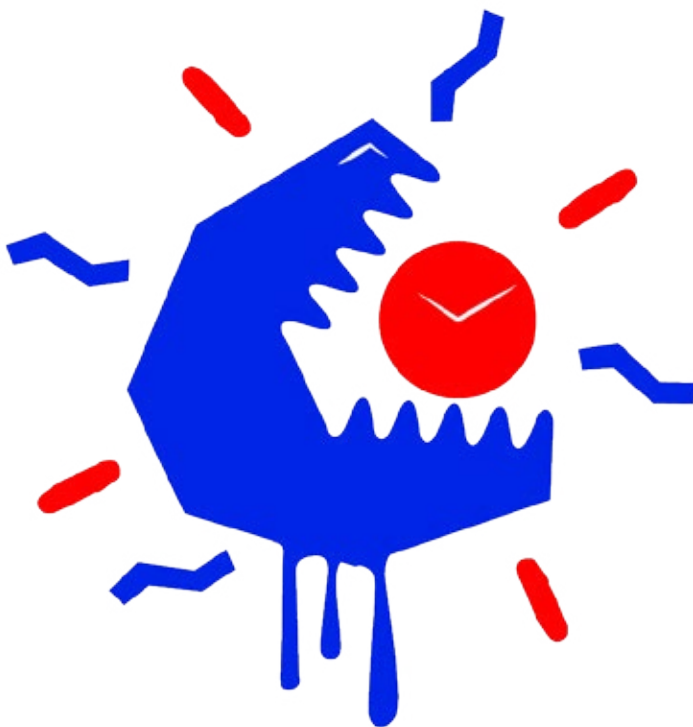


## METHOD:

1. How do you know if an egg is fresh? Place the egg in a glass of water. A fresh egg will lie on the base of the glass. A stale egg will float because the air pocket inside the shell expands as the moisture in the egg decreases. (1 fresh egg, 1 stale egg)
2. Break the egg onto plate. A fresh egg's yolk will be round and sit high and the white will be thick and stay close to the yolk. A less fresh egg will contain a flatter yolk and a thinner white that spreads quite far across the plate. (Same eggs as above 1 fresh egg, 1 stale egg)
3. Boiled or raw? Place the egg on it's side and spin the egg gently. A hard-boiled egg, being solid, will spin smoothly. A raw egg, being liquid inside, will wobble. (guess which one is which and then crack the eggs open to check results)
4. Separate egg using egg shell. (2 fresh egg)
5. Separate egg using hands. (2 fresh eggs)
6. Separating egg using plastic bottle. (1 fresh egg)
7. Separating egg using funnel. (1 fresh egg)

## ADDITIONAL NOTES:

Store 4 eggs out of fridge for three weeks to become stale  
Hard-boil 5 eggs



[crunch-time.tv](http://crunch-time.tv)