

# CRUNCH TIME

## Ready Set Breakfast



**Serve information:**  
2 'naked eggs', not including the pre-prepared eggs

### INGREDIENTS:

2 Raw eggs  
Bottle of white vinegar  
(it won't all be used)  
2 x Containers of eggs & vinegar  
(details below)

### EQUIPMENT:

2 containers with lids (big enough to hold  
the 2 eggs, with extra room spare)  
Big silicon spoon  
Shallow basin of water  
Dinner plate



## METHOD:

1. Put 2 raw eggs in a container
2. Add enough vinegar to cover the eggs and place lid on
3. Place in the fridge for 24 hours.
4. Take "prepared earlier" eggs that have been in vinegar for 24 hours. Scoop out the eggs and put them in a new container, being careful as the egg membrane is the only thing holding the eggs together, since the eggshell has been dissolving.
5. Cover the eggs with fresh vinegar and place lid on
6. Place in the fridge for another 24 hours
7. Take "prepared earlier" eggs that have been in vinegar for 48 hours. Gently rinse the eggs in water
8. Place eggs onto a plate.
9. Let's have a closer look at one of our naked eggs. It's basically an egg without a shell. See: it looks like an egg, but it's translucent! Because it spent so much time in the vinegar, all of its shell dissolved.



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