



THE PERFECT SOFT BOILED EGG

INGREDIENTS

Lake Crystal Salt

Large Free Range Organic Eggs

Continental Bread

Butter



METHOD

- Place eggs in a small saucepan covered with cold water.
- Slowly bring water to boil.
- Check egg after 2 mins when water has boiled, by raising the egg from the pan, when the shell is dry the egg is cooked.
- Serve immediately with *Lake Crystal Salt* accompanied by hot crusty buttered bread, cut into soldiers.

[Lake Crystal natural lake salt](#) - an organically certified fine food salt developed for the food enthusiast, discerning cook and the health conscious consumer.