Eggs, Hardboiled

We tried rehydrating hardboiled eggs whole & halves the whites were unsuccessful. Diced eggs were successful
Directions:

1. In an Instant Pot add a metal or silicone trivet to the bottom of the pan
2. Add 1 cup of water and up to 16 eggs (alternatively, you can boil eggs for 8-9 minutes in a pan on the stove
3. Set the instant pot to high pressure for 5 minutes. Allow the instant pot to release for 5 minutes naturally, then manually release
4. Add all the cooked eggs to a cold water bath (ice and water) for 5 minutes and peels

For diced eggs (great for egg salad)

1. Dice into bite-size pieces
2. Add parchment paper to your tray
3. Add chopped eggs to your tray

For deviled eggs (the whole whites do not rehydrate well, but you could chop them and add the deviled egg mixture to them after rehydrating for a deviled egg salad)

1. Cut the hardboiled eggs in half and remove the yolks.
2. Place them in a separate bowl (we used 10 eggs) and add all ingredients listed. Mix until smooth
3. Dice the egg whites into small pieces
4. Add parchment to the tray, add egg white pieces, and spoon the deviled egg mixture onto the tray

Freeze Dry (my cycle time was 40 hours) Store in jars for short-term use or in mylar bags for long-term storage

Rehydration:
-Diced eggs: cover them in warm water and allow them to sit for about 5 minutes. Drain and enjoy
-Diced eggs made into egg salad: add ½ cup of diced eggs to a bowl with 1 tbsp of pickle juice(or water), 1 tbsp of mayo, and ½ tsp of mustard. Stir & allow to sit for about 5 minutes. Stir. Enjoy on a sandwich or with crackers
-Deviled eggs: add ½ cup of diced egg whites, 1 ½ tbsp of deviled egg powder and 3 tbsp of water. Stir and allow to rehydrate for 5-10 minutes. Stir. Add to some bread for a delicious deviled egg sandwich

Nutritional Value Per 1 diced egg
Calories: 78   Protein: 6 g   Fat: 5 g   Carbohydrates: 1 g   Sugar: 0 g   Fiber: 0 g
www.freezedryingcookbook.com