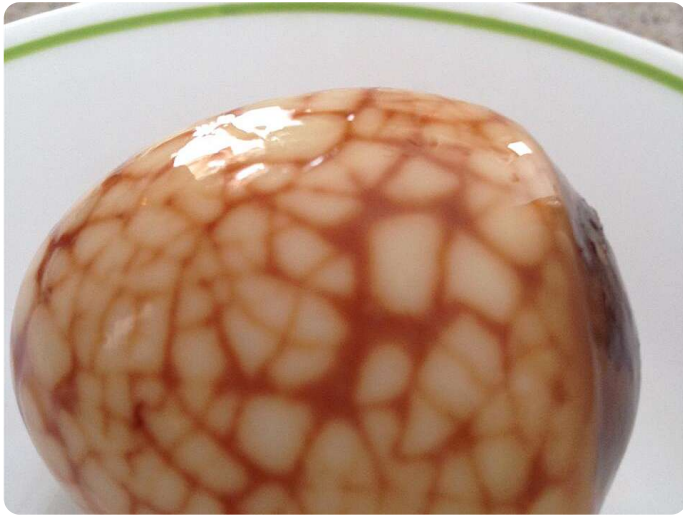


Chinese Tea Leaf Eggs

Oscar · 29/09/2024



Prep Time

8 hrs

Difficult

Medium

Servings

11 hrs 20 mins

Description

Tea eggs are one of my favorite dishes and traditional lucky food to make for the Lunar New Year. These hardboiled eggs are subtly flavored with anise and have a deep brown hue from black tea and soy. The marbled patterns from the cracked shells make these quite attractive. Store unpeeled eggs in a tightly sealed container in the refrigerator for four to five days. Recipe courtesy of Mom.

Ingredients

- 3 cups water - 2 tablespoons black tea leaves - 1 tablespoon soy sauce - 1 tablespoon black soy sauce - 1 tablespoon tangerine zest - 1 (2 inch) piece cinnamon stick - 2 pods star anise - 1 ¼ teaspoons salt
- divided - 8 large eggs

Instructions

1. Combine 3 cups water
2. tea leaves
3. soy sauce
4. black soy sauce
5. zest
6. cinnamon stick
7. star anise
8. and 1/4 teaspoon salt in a large saucepan; bring to a boil. Reduce heat
9. cover
10. and simmer for 3 hours. Meanwhile
11. place eggs and remaining 1 teaspoon salt into a medium pot; cover with cold water. Bring to a boil
12. reduce heat
13. and simmer for 20 minutes. Remove from heat
14. drain
15. and cool. Tap cooled eggs with the back of a spoon to crack shells; do not remove shells. Remove the saucepan from the heat. Add eggs and let steep for at least 8 hours
16. or for a richer flavor
17. up to 1 1/2 days. Cook's Note I eat these chilled and quartered as a side dish
18. appetizer
19. or snack.