

DEVEILED EGGS

These are a great picnic food, a fine appetizer, and wonderful if you are on the Atkins Diet! If you like, instead of spooning the filling into the eggs, you can cut the corner out of the bottom of a zip lock bag, put the filling in the bag, and “pipe” it into the eggs.

INGREDIENTS:

6 Hard Boiled Eggs
3 Tablespoons Mayonnaise or Salad Dressing
½ teaspoon Ground Mustard
¼ teaspoon Ground Pepper
1/8 teaspoon Salt (unless you are a Lufkin, then use ¼ tsp.)
Paprika (if desired)

DIRECTIONS:

There actually is a proper way to hard boil eggs, and it really makes a difference. No more rubbery whites and super-ball yolks. Here’s how you do it. Put you eggs in a pot, fill the pot with cold or warm water so the eggs are covered by at least an inch of water. Place the pot on a burner on high heat and wait.... As *soon* as it *begins* to boil, remove it from the heat, cover with a lid, and time for exactly 18 minutes. When the timer goes off, immediately drain the hot water, and add cold water and ice. This will stop the eggs from cooking anymore.

Once the eggs have cooled, remove the shells and rinse them to make sure there are no little pieces of shell left on the eggs. Slice the eggs in half lengthwise, and place the yolks in a medium sized bowl. Add the rest of the ingredients (except the Paprika) and mix well. I start with a fork to mash the yolks, then use a whisk to make it creamy.

Fill the egg halves with the filling, then sprinkle with Paprika if desired for the true Minnesota picnic/potluck look. It doesn’t affect the taste at all but it is colorful! Keep refrigerated until ready to serve.