CHINESE · DINNER · BREAKFAST · SIDE

Silky Chinese Steamed Eggs

25 min · Serves 2 · 223 kcal a serve · Video 3:30 · CiCi Li, Asian Home Cooking

Gluten-free ingredients · Dairy-free · Nut-free

Almost nothing but eggs and stock, so each serve gives about 16 g of protein plus vitamin B12, selenium and some vitamin D, with only a teaspoon of oil and a pinch of added salt.

Diet notes: Keto (2.8 g net carbs a serve); Vegetarian with a swap for the lukewarm chicken stock.

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Ingredients 4 · SERVES 2

- [ ] 5 large **eggs** (about 250 g)
- [ ] 1/10 tsp **salt**
- [ ] 350 ml **lukewarm chicken stock**, 37–41 °C (or water)
- [ ] 1 tsp **sesame oil**

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Contains: Egg, Sesame. Check labels on stock, sauces and spice mixes.

Method TIMES = THE MOMENT IN THE VIDEO

1. Whisk the eggs with the salt in a mixing bowl. 0:25
2. Warm the stock (or water) to lukewarm, 37–41 °C, and whisk it into the eggs. Aim for about 1½ times as much liquid as egg. 0:48
3. Pour the mixture through a fine sieve into a heatproof serving bowl so there are no bubbles. 1:15
4. Bring the water in a steamer to a boil over high heat, then turn it to low. Put the bowl in, cover it with a plate so drips don't mark the surface, put the lid on and steam about 13 minutes, until set. 1:40
5. Turn off the heat and leave it in the steamer for 2 minutes, then lift out carefully, drizzle with sesame oil and serve. 2:10

> **Tip** Serves 2 as a light meal or 4 as a side with rice and greens. Top with chopped spring onion or a few prawns. Use water instead of stock to cut the salt further.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 2 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
223 kcal	**16** g	**2.8** g	**0** g	**16** g	**720** mg
930 kJ	33% of a day	2.8 g net · 2.1 g sugars 1% of a day	0% of a day	4.4 g saturated 20% of a day	31% of a day

Energy from net carbs 5% · protein 29% · fat 66% — fits keto: 2.8 g net carbs, 66% of the energy from fat

High in (20%+ of a day) Selenium 71% · Vitamin B12 57% · Vitamin A 21%

Source of (10–19%) Vitamin D 14% · Folate 14% · Zinc 13%

Recipe and video: CiCi Li, Asian Home Cooking (@CiCiLi) on YouTube — youtube.com/watch?v=dlf2miJm-7k, published 17 June 2022. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/silky-chinese-steamed-eggs