

# RED PICKLED EGGS



## INGREDIENTS:

- 6 eggs
- 1 small beet
- 1 cup white vinegar
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1/2 teaspoon red pepper
- water

## TOOLS:

- 1 1/2 quart saucepan and cover
- stove or hot plate
- oven mitt
- soft vegetable brush
- knife for cutting the beet
- measuring cup
- one-quart glass jar and cover
- long wooden spoon
- refrigerator

Lucille Recht Penner says if you try her Pilgrim recipes, "you are tasting something that is a lot like what someone tasted 400 years ago!" Try this recipe for red pickled eggs, which the Pilgrims sometimes sliced onto salad. They're pretty to look at and easy to make.



Photographed by Blandon Belusthin. Recipe adapted from EATING THE PLATES by Lucille Recht Penner © 1991 (Macmillan).

**Note:** Be careful! Ask an adult to help you boil and pour the ingredients.

1. Place the eggs in the saucepan and cover with cold water. Bring the water to a boil. Lower the heat, cover the saucepan, and simmer for 17 minutes. Uncover the saucepan. Ask an adult to pour off the hot water and place the saucepan in a sink. (Always use an oven mitt to pick up the saucepan!) Run cold water over the eggs. When eggs are cool, peel them.
2. Wash dirt off the beet with a soft vegetable brush. Cut off the stem so there is only one inch of stem left.



3. Mix vinegar, salt, black and red pepper and one cup water in the saucepan. Bring to a boil. Turn off heat.
  4. Put the peeled eggs and the beet in the glass jar. Ask an adult to pour the hot vinegar mixture over them.
- Be careful!** The mixture and the jar will be very hot!
5. Let the jar cool down. Stir gently with a wooden spoon. Cover the jar and put it in the refrigerator overnight.
  6. Remove the beet in the morning. It's time to eat your red eggs!