



Red Easter eggs

15'

Hands on

20''

Hands off

25-30

Portion(s)

1

Difficulty



Ingredients

- 8 eggs
- 1 tablespoon red wine vinegar

For the dyeing

- 1 ½ liters water, lukewarm
- 50 g red wine vinegar
- 3 g red egg dye

For the polishing

- 5 tablespoons olive oil

Method

- Place the eggs into a bowl and fill with water. Clean them with a kitchen sponge to remove any dirt.
- Spread a sponge cloth into a [pot](#) and add the eggs in batches. Fill with cold water until the eggs are covered, add the vinegar, and simmer at low heat for 10 minutes.
- Remove from the heat and allow 15-20 minutes for them to cool.
- Follow the same process for all of the eggs.

For the dyeing

- In a bowl add the water, the vinegar, the red dye, and mix well until the dye melts.
- Add the eggs, in batches, and leave them in for 3-4 minutes.
- Remove with a [slotted spoon](#) and let them dry.
- With this quantity, you can dye 25-30 eggs.

For the polishing

- Add a little olive oil onto some kitchen paper towel and polish the dyed eggs.
- Serve.

Διατροφικός πίνακας

Nutrition information per portion

81 Calories (kcal)	5.5 Total Fat (g)	1.5 Saturated Fat (g)	0.0 Total Carbs (g)
4%	8%	8%	0%
0.0 Sugars (g)	8.1 Protein (g)	0.0 Fibre (g)	0.21 Sodium (g)
0%	16%	0%	4%