



NATURAL EGG DYEING

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HARD BOILED EGGS

Ingredients:

- white eggs (brown eggs work too, but the colors won't show as vividly against their darker shells)
- water
- ice

Materials:

- large pot to hold all of your eggs
- slotted spoon
- large bowl

Instructions:

Bring a pot of water to boil. Once the water has achieved a rolling boil, gently add the eggs. You can use a spoon to help lower them into the water. Boil for 5 to 10 minutes. 5 minute egg yolks will be jammier and 10 minute yolks will be crumblier.

While the eggs are boiling, prepare an ice bath. Fill a large bowl with cold water. Add 2-3 cups of ice.

When the eggs are done, remove from heat and carefully remove them from the pot and into the ice bath. Let sit in the ice bath for 10 minutes.

Tips:

Do not skip the ice bath! Skipping this step results in that gray ring around the yolks which indicates they have been overcooked.

COLD BATH DYE METHOD

dark pink: 1 beet, washed and sliced

pale pink: skins and stones from 2 avocados

orange: 2 tbsp curry powder + 2 tbsp paprika

yellow: 4 green tea bags or 2 tbsp turmeric powder or skins from 2 yellow onions

green: 1-3 tsp spirulina

blue-green: 1 bunch fresh spinach, chopped

blue-gray 6 oz fresh or frozen blueberries

blue: 1 large red cabbage, grated and sliced

purple: 6 oz fresh or frozen blackberries

brown: 2 cups of strong coffee or 4 black tea bags

Ingredients (per color):

- dye material (use measurements above)
- 2 cups water
- 3 tbsp distilled white vinegar

Materials:

- small pot(s)
- small, deep bowl for each color
- slotted spoon

For decorating:

- cheesecloth or old nylon stockings
- crayons or beeswax
- edible plants, leaves, flowers
- rice
- rubber bands or string

Instructions:

Determine which color dyes you'd like. In class, we'll be using beets (dark pink), green tea (yellow), curry powder

+ paprika (orange), spirulina (green), red cabbage (blue), and blackberries (purple). In a small pot, add 2 cups of water plus dye material. Repeat this step for each color. Bring pots to boil over medium-high heat. Once boiling, reduce heat and simmer for 20 minutes - 1 hour (the longer it simmers, the deeper the color). Strain liquid into a bowl. Add vinegar.

Your dye is ready to use! Dip each egg in the dye and allow to sit for several minutes up to 30 or longer. The longer you let the eggs sit, the deeper the color. Use a slotted spoon to remove eggs from the dye bath and allow to air dry. Refrigerate until ready to use.

Decorate your eggs. Use a crayon or beeswax to draw or write on eggs. Dye will not appear where you've used crayon or beeswax. Wrap leaves and flowers around eggs to create natural images on eggs. Use a cheesecloth or stockings secured with a rubber band to hold leaves and flowers in place. Fill cheesecloth with rice and secure with rubber bands for a spotty pattern. Once decorated, follow the same process for dyeing eggs.

TIPS:

Refridgeration will deepen most colors. Allow to sit overnight in dye bath for very vivid colors.

HERBED EGG SALAD

Ingredients:

- 8 hard-boiled large eggs, chopped
- ¼ cup finely chopped fresh chives
- 2 tbsp mayonnaise
- 1 tbsp coarsely chopped fresh dill
- 2 tsp whole grain mustard
- 1½ tsp apple cider vinegar, plus more if needed
- 1 tbsp lemon juice
- ½ tsp lemon zest
- the tiniest pinch of cayenne pepper
- salt and pepper to taste
- optional: vinegary hot sauce

Materials:

- medium bowl
- spoon

Instructions:

Combine all ingredients in a medium bowl. Stir well and taste. Add more vinegar, salt, or pepper, if necessary. Serve with a vinegary hot sauce if you want some heat!

NOTES: