

Instant Pot Tea Eggs

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2 black tea bags
¾ cup soy sauce
3 ½ cups water
4 bay leaves
4 star anise
1 cinnamon stick
1 tsp sugar
1 tbsp salt
1 dozen eggs



Boil eggs in a pot for 4 minutes or long enough for the whites to solidify. Drain water and place eggs into an ice bath. Crack shells lightly with the back of a spoon. Combine all ingredients of the marinade together into a pot and allow it to come to a boil. Combine the cooked eggs and marinade together into the Instant Pot and cook on high pressure for 3 minutes. Allow the eggs to remain in the marinade for at least 12 hours. The flavor of the eggs will be stronger the longer they sit in the marinade.

Submitted by Trixie Xu, BSN, RN, Clinical Nurse IV, Radiology