

Scrambled Eggs with Sausage, Bell Pepper & Cheese



TIPS:

- 1. All-In-One Full-On Flavor:** This recipe combines the protein power of eggs and sausage, fresh zest of red bell pepper and shallots and richness of Parmesan cheese - all in one pan.
- 2. Salt & Eggs:** Adding just a small amount of **salt** to the **eggs** *before* cooking them not only enhances **scrambled egg flavor**, it also ensures the **eggs** will turn out soft and

tender as shown in the left photo below. Eggs cooked without salt tend to be tough and rubbery as shown in the right photo below.



Preparation Time: 15-20 minutes

Cooking Time: 15-20 minutes

Ingredients (for 4)

8 Eggs

2 Tablespoons Oil (I'm using coconut oil, but olive or vegetable oil works fine)

2 Tablespoons Diced Shallots (1 medium to large sized shallot)

1 Chopped Bell Pepper (I like red, yellow or orange bell peppers because they're sweeter than green bell peppers)

½ - 1 Pound Sausage (I'm using linguica sausage, but any sausage will work)

3 Tablespoons Shredded or Grated Parmesan Cheese

Pinch of Red Pepper Flakes

Dash of Salt **Ground Black Pepper**



Equipment

10 – 12 Inch Frying Pan

Spatula

Sharp Knife

Cutting Board

Bowl

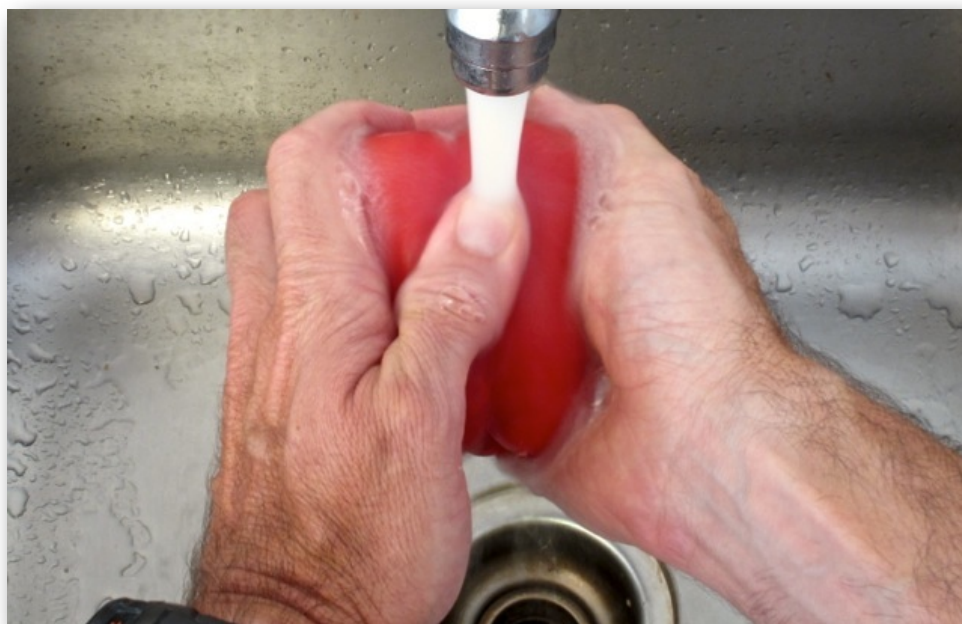
Tablespoon

Fork

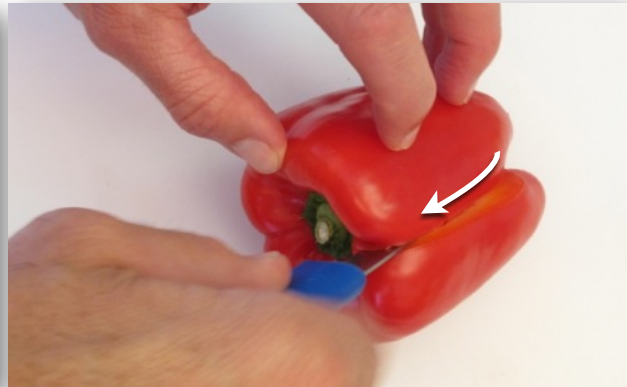
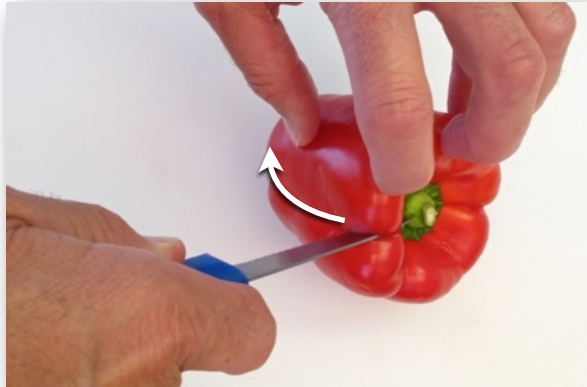


1. Prepare the **bell pepper, shallot and sausage** as follows:

Bell Pepper - Start by rinsing and giving the **pepper** a quick hand scrub with cold tap water.



Use a sharp knife to cut the **pepper** in half lengthwise without cutting into the **seed cluster** in the middle of the **pepper**.



Pull the **pepper halves** apart and remove the **stem** and **seed cluster**.



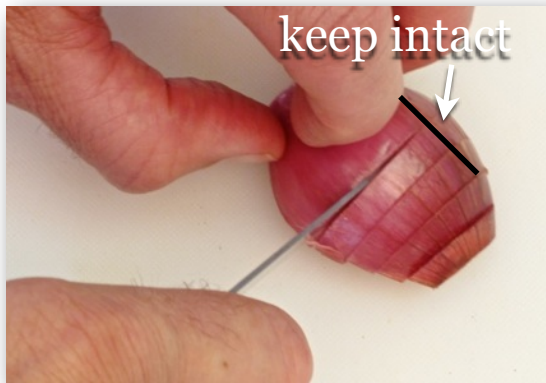
Cut **each pepper half** lengthwise into strips $\frac{1}{4}$ - $\frac{1}{2}$ inch (6 - 12 mm) wide. Then cut those strips in cross section into pieces also $\frac{1}{4}$ - $\frac{1}{2}$ inch (6 - 12 mm) long.



Shallot - Cut and remove the **root** and **stem ends** from the **shallot**. Then peel off the **shallot skin**.



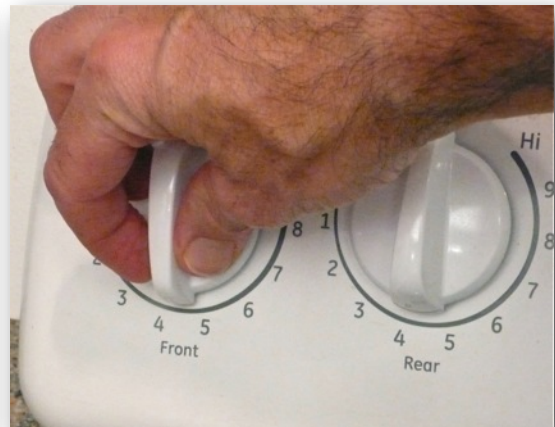
Cut the **shallot** in cross section into strips 1/8 - 1/4 inch (3 - 6 mm) wide, making sure not to cut through the **back of the shallot**. (The uncut back of the shallot will act like the binding of a book to keep the strips intact and make the cross section cuts easier.) Finish by cutting the **shallot strips** in cross section into pieces also 1/8 - 1/4 inch (3 - 6 mm) wide.



Sausage - “Butterfly” the **sausage** by cutting it in half lengthwise. Finish by cutting the **sausage halves** in cross section into pieces 1/4 - 1/2 inch (6 - 12 mm) wide.



2. Put the frying pan on the stove, and turn on the burner to **MEDIUM** heat.



3. While the pan warms, break **8 eggs** into a bowl. If necessary, remove any **broken eggshell pieces** from the bowl by using a **larger eggshell piece** to attract and scoop up the **smaller eggshell piece(s)**.



Add about as much **salt**, **ground black pepper** and **red pepper flakes** as shown here along with...



**...2 tablespoons shredded or grated
Parmesan cheese.**



4. Stir the **eggs** vigorously with a fork until the **yolks** and **egg whites** are well mixed together.



5. Check the frying pan for the proper cooking temperature by wetting your fingers with tap water and flicking the water onto the pan surface.



The pan is warmed to the proper cooking temperature when the water sizzles on contact with the pan surface and quickly evaporates. (**NOTE:** If the water sizzles and evaporates in a puff as soon as it hits the pan, move the pan to a cool burner for a few minutes. Turn down the heat setting a few notches on the burner you originally used, and heat the pan again. If the water doesn't sizzle on contact, keep heating the pan until it does.)

6. Add **2 tablespoons oil** to the hot pan.



Add the **cut sausage** to the pan, making sure to turn the **sausage pieces** every minute or so with a spatula until...



...the **sausage** browns about as shown here.



7. Add the **chopped pepper** and **shallot**, and cook for 1-2 minutes, turning the **sausage and vegetable mixture** with a spatula occasionally until what you have looks about like...



...this.



8. Add the **eggs** to the pan, and...



...let them cook for about 30 seconds - 1 minute until they start to form bubbles that push up from the pan surface. Then...



...gently turn the eggs every 30 seconds or so until they are safely cooked through.



Scrambled eggs are safely cooked when they are solid throughout with no runny liquid but are still tender and slightly moist on the surface as shown here.



9. Lift the **cooked scrambled eggs** from the pan onto a plate, top with another **tablespoon (or more)** of **shredded or grated Parmesan cheese** and...



...serve warm.



© 2014 Bruce Tretter

Gotta' Eat, Can't Cook

"Show Me How" Video & Picture Book Cooking