

Left-Handed (Fully Flavorful) Fried Eggs



TIP: My oldest son introduced me to this very quick and easy way to take fried eggs from “simple to exciting”. The ingredients shown and used here to add flavor work well together but are only suggestions. As always, use your taste and imagination to make these eggs all yours.

Combined Preparation and Cooking Time: 5-10 minutes

Ingredients (per person)

1-2 Eggs

Butter or Margarine

Your choice or combination of the following:

Garlic Powder

Chili Powder

Cajun Seasoning

Ground Ginger

Crushed Red Pepper

Sugar

Grated Parmesan Cheese



Equipment

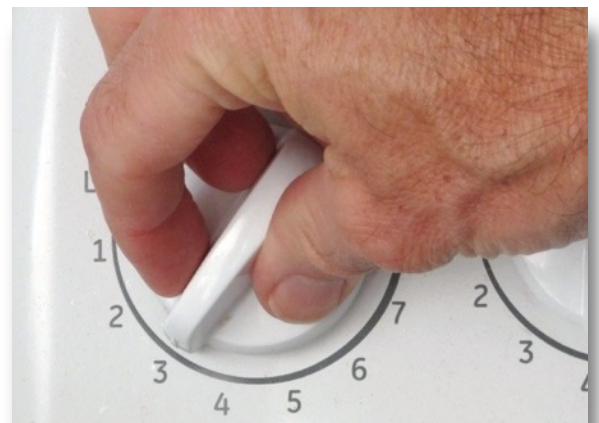
10 - 12 Inch Frying Pan

Spatula

Table Knife



1. Put the frying pan on the stove, and turn on the burner to LOW-MEDIUM heat.



2. Let the pan warm for a few minutes. Then check the pan for 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.)

3. Add 1/4 - 1/3 inch (5-10 mm) piece of butter or margarine to the hot pan with a table knife.



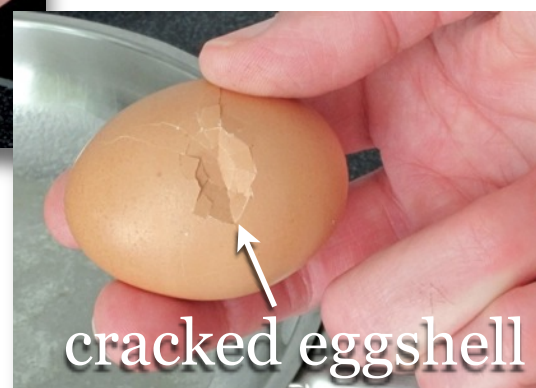
Hold the pan handle, and swirl the butter or margarine in the pan by rolling your wrist until...



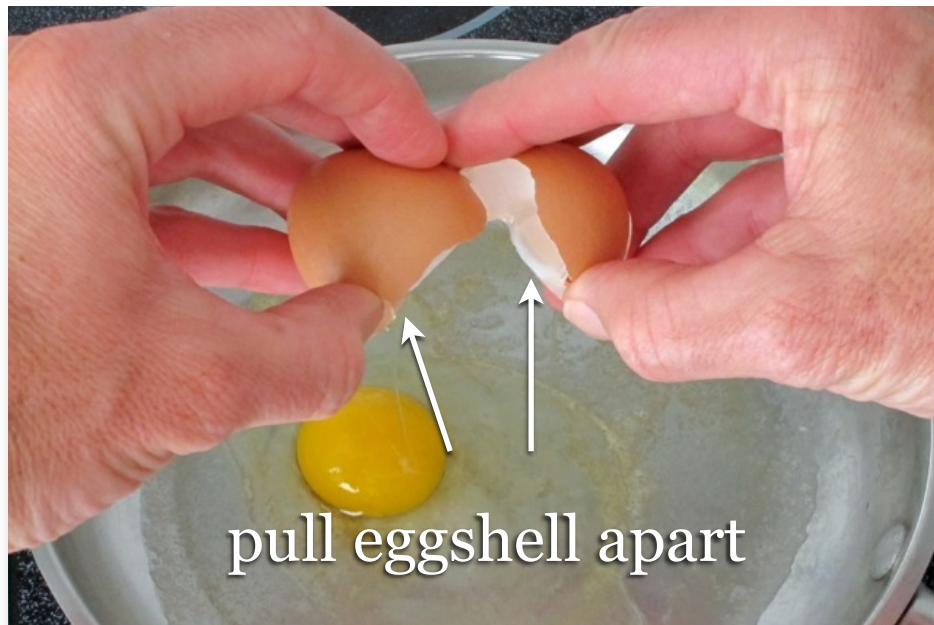
...the pan surface is evenly coated like this.



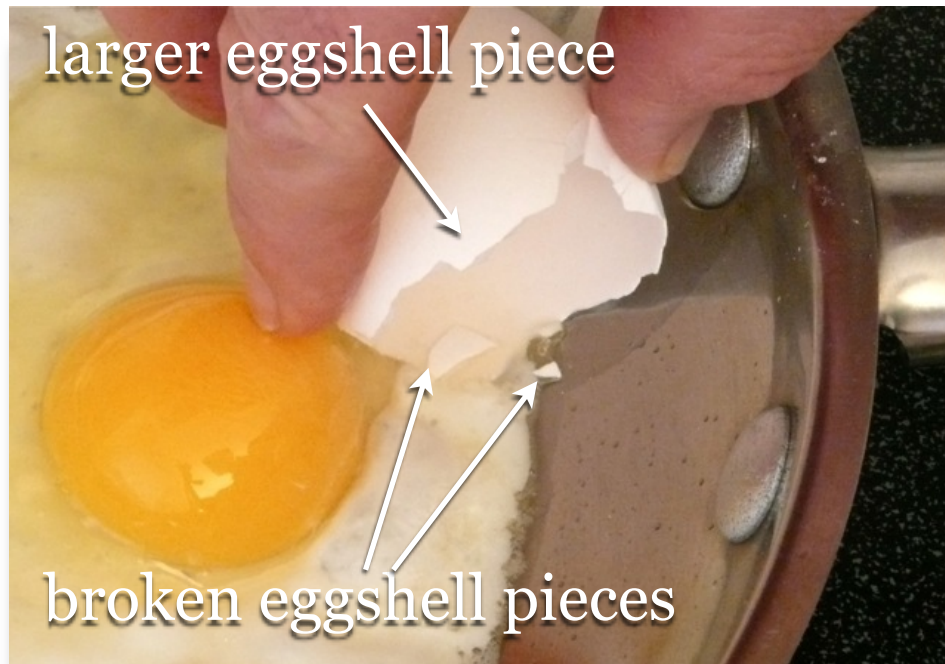
4. Break 1-2 eggs, one at a time, by holding each egg snugly in your hand and tapping it just hard enough on the pan edge to crack the eggshell. Then...



...use your thumbs to push in on the crack in the eggshell to break the membrane while gently pulling the eggshell apart to release the egg white and yolk into the pan.

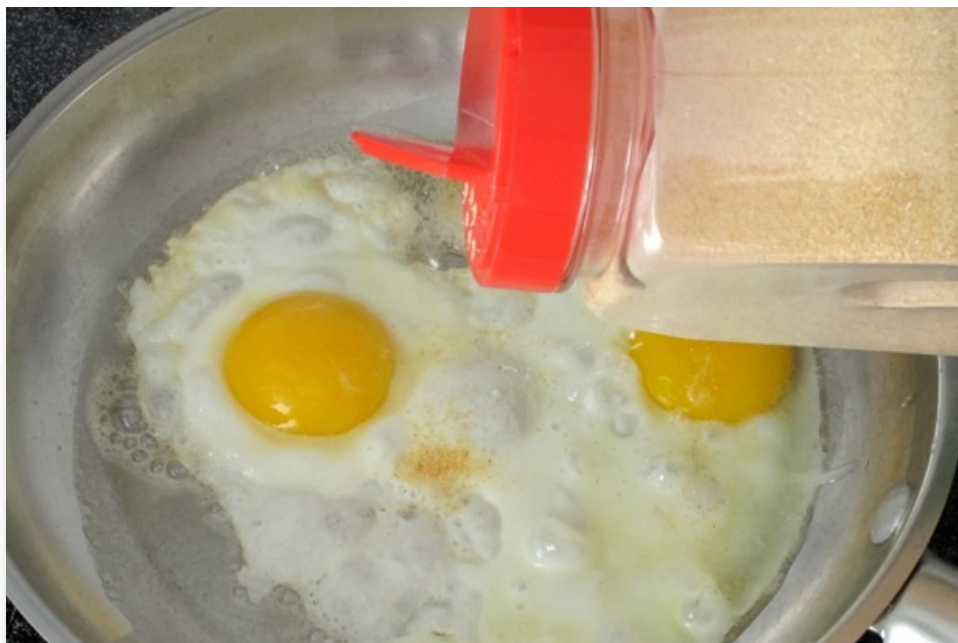


If necessary, remove any broken eggshell pieces from the pan by using a larger eggshell piece to attract and scoop up the smaller piece(s).



5. Right away, add the following choice or combination of ingredients - or your own favorite ingredients to the top of the eggs in the pan:

Shake of garlic powder



Shake of chili powder



Shake of Cajun seasoning



Shake of ground ginger



Shake of crushed red pepper



Light shake of sugar



Shake of grated Parmesan cheese



6. Cook the eggs until the egg whites are mostly firm with just a little runny liquid on top as shown here.



Use a spatula to separate the **eggs**, if needed.



Then slide the spatula under the **eggs**, turn them yolk-side down in the pan, and cook yolk-side down for 30 seconds to 1 minute until the **eggs** feel slightly firm to the touch.



7. Scoop the **cooked left-handed fried eggs** from the pan onto a plate and serve warm.



8. Cleaning Tip - To make cleanup as easy as possible, transfer the hot pan to a cool burner until the pan is safely cool to touch. Then...



...fill the pan with warm water and a squirt of dish detergent, and let the pan soak for at least 5 minutes.



After soaking, clean the spatula and pan with a sponge and...



...finish by rinsing with warm water.

