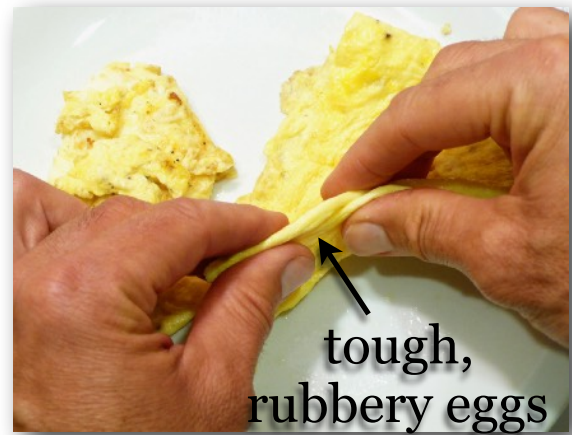
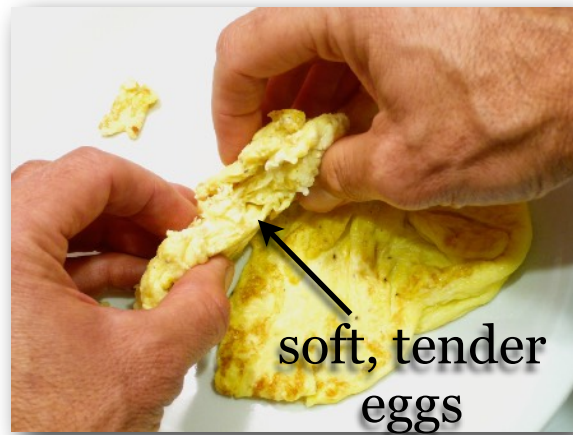


Microwave Cooked Scrambled Eggs



TIPS:

1. Cooking **scrambled eggs** in the microwave oven is the fastest and easiest way to make **scrambled eggs**.
2. **Salt & Eggs:** Adding just a small amount of **salt** to the **eggs** *before* cooking them as shown in step 3 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 photo on the right below.



Preparation Time: 5 minutes

Ingredients
(per person)

Cooking Spray

1-2 Eggs

Milk (optional - makes the cooked eggs slightly more tender)

Dash of Salt

Ground Black Pepper (optional)



Equipment

Microwave Oven Safe Bowl

Fork

Potholder or Dishtowel

Microwave Oven



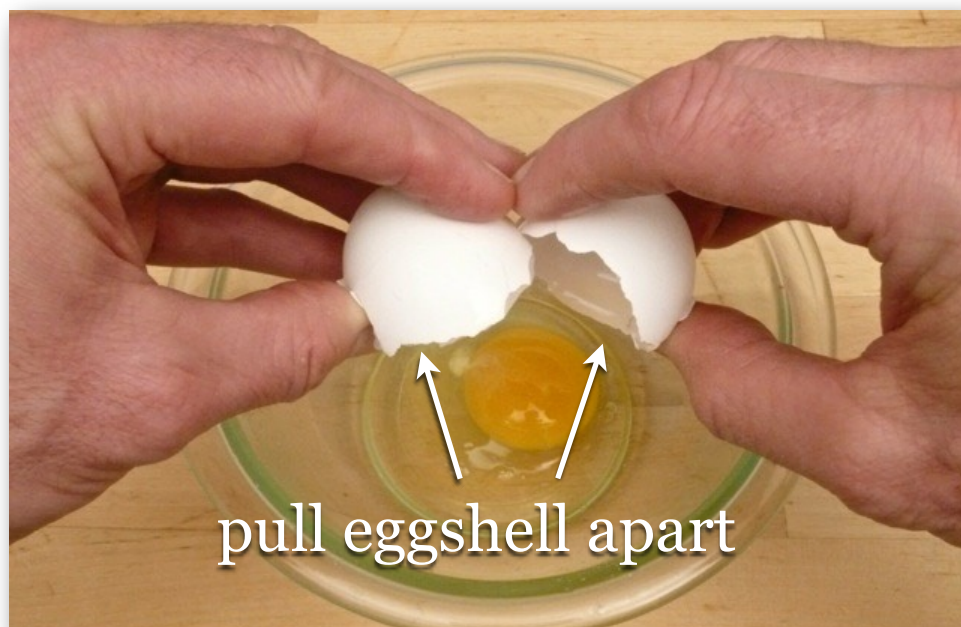
1. Spray the inside of a *microwave safe bowl* with a light, even coat of **cooking spray**.



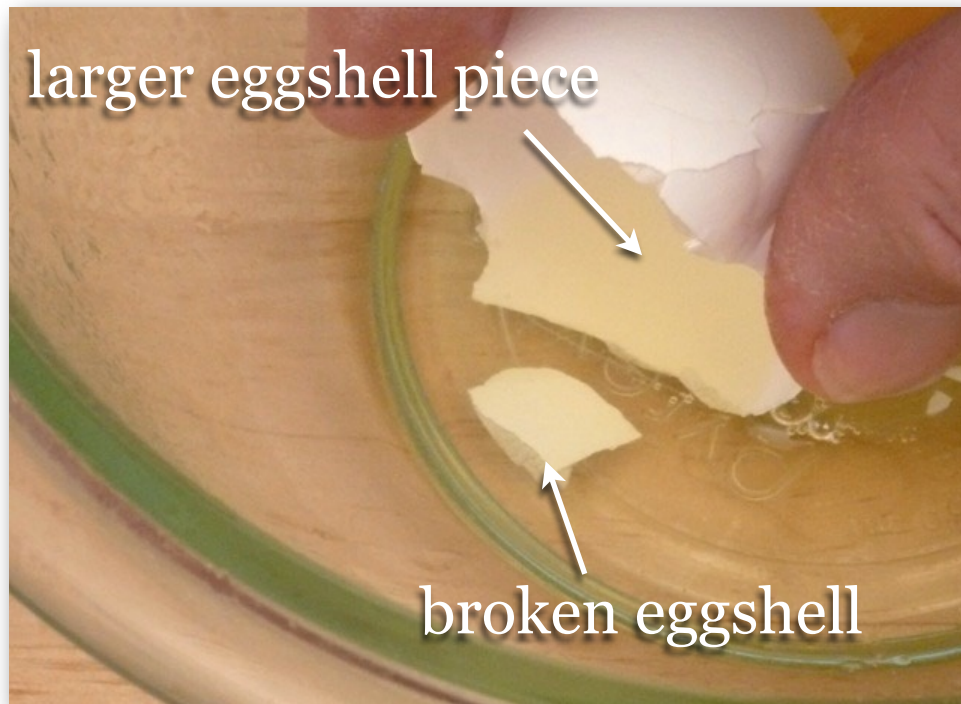
2. Break **1-2 eggs**, one at a time, by holding each **egg** snugly in your hand and tapping it just hard enough on a firm (preferably rounded) surface, like the countertop edge as shown, to crack the **eggshell**.



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 bowl.



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



3. Add a **light dash of both salt** and **ground black pepper** (optional) and...



...a **splash of milk** (optional - **milk** makes the **cooked eggs** slightly more tender).



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



5. Put the bowl in the middle of the microwave oven, and cook for about 1 minute and 20 seconds using your microwave oven's 100% **POWER** or **HIGH** heat setting. **NOTE:** I used a 1200-watt microwave oven to cook these **eggs**. Cooking time will vary depending on your microwave oven watt power.



6. After cooking, use a potholder or folded dishtowel to remove the bowl from the microwave oven, and check for **SCRAMBLED EGG DONENESS** as shown in the pictures that follow.



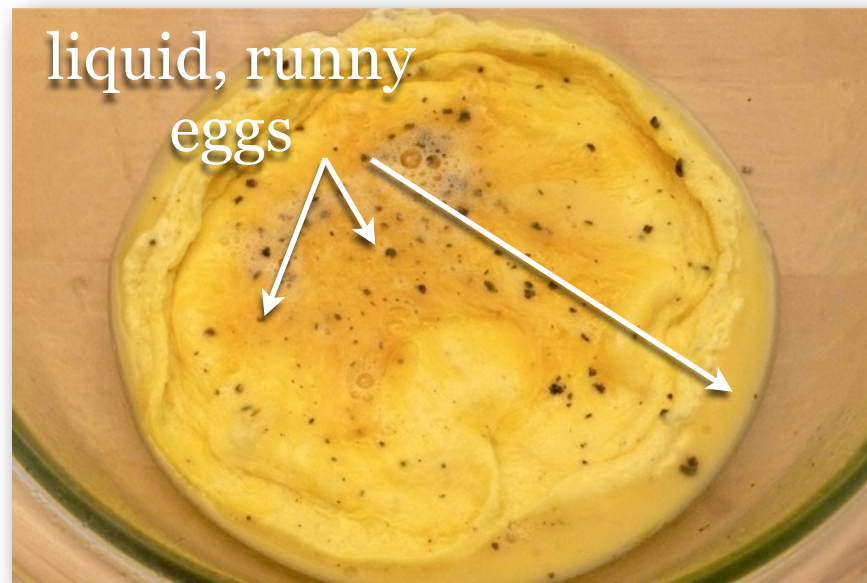
SCRAMBLED EGG DONENESS

Scrambled eggs are safely cooked when they are solid throughout but still tender to the touch with no runny liquid as shown here. If, however,...



Safely Cooked Scrambled Eggs

...your **eggs** are undercooked - still runny and wet - as shown below,...



Unsafe, Undercooked Scrambled Eggs

...keep cooking them in the microwave oven and checking for doneness at 20-30 second intervals until the **eggs** look as shown in the **Safely Cooked Scrambled Eggs** picture above.

7. Either have the **freshly cooked scrambled eggs** right out of the bowl (makes cleanup a lot easier), or use a fork to loosen and slide the **cooked eggs** from the bowl onto a plate and serve warm.



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"Show Me How" Video & Picture Book Cooking