

Quick & Easy Scrambled Eggs



Your first scrambled eggs don't have to be perfect. Just start. Every meal you make builds confidence.

Skill Level: Beginner

Time: 10 minutes

Serves: 2

Cleanup: Easy

Two Simple Tricks for Better Scrambled Eggs

1. Add a small dash of salt before cooking. It helps keep scrambled eggs soft and tender instead of tough and rubbery, as shown below.





2. Pan temperature matters, and here's an easy way to make sure the pan is ready for cooking.



Sprinkle a few drops of water into the pan. If they sizzle and quickly evaporate, the pan is ready to cook eggs.

What you'll need

Ingredients

- 2 Eggs per person
- Dash of salt
- Milk (optional - makes eggs more tender)
- Butter
- Ground Black Pepper



Equipment

- 10 – 12 Inch Frying Pan
- Bowl
- Fork
- Spatula
- Table Knife



How to make it (Active Time: 5-10 minutes)

Put a pan on the stove and turn on the burner to medium.

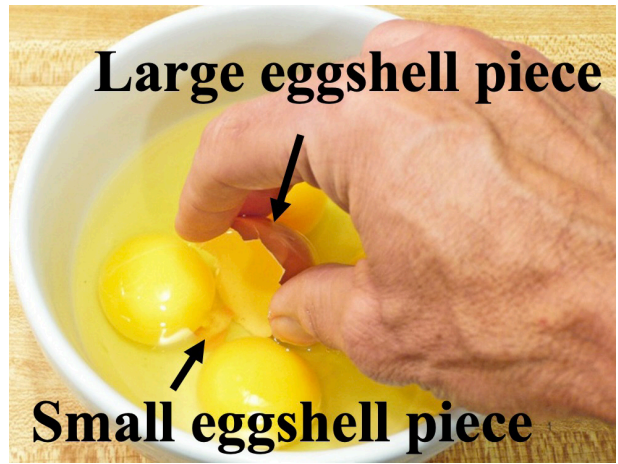


Break eggs into a bowl.



If a piece of eggshell falls into the bowl, first, don't worry—that happens to cooks of every skill level and, second, here's a quick tip to fix that.

Use a large eggshell piece to attract and scoop out any smaller eggshell pieces that accidentally fall into the bowl.



Add

About as much milk as shown here (optional - milk helps make cooked eggs slightly more tender).



Dash of salt and pepper.



Stir vigorously with a fork until egg whites and yolks are well mixed together.



Check the frying pan for the proper cooking temperature by wetting your fingers with tapwater and sprinkling the water into the pan.



The pan is ready for cooking when the water sizzles and quickly evaporates. (**NOTE:** If the water sizzles and evaporates immediately when it hits the pan, move the pan to a cool spot on the stove for a few minutes. Turn down the heat on the burner, and heat the pan again. If the water doesn't sizzle on contact, keep heating the pan until it does.)

Add about as much butter as shown here to the warm pan.



Tilt and roll the pan until evenly coated with butter.



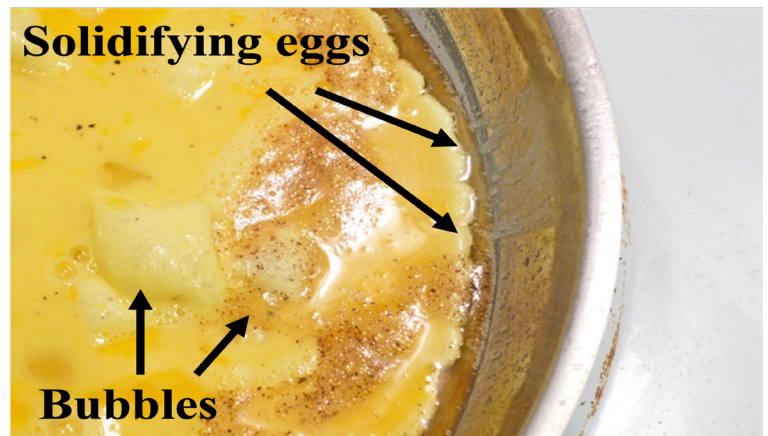
Let butter warm until it just starts to bubble. Then...



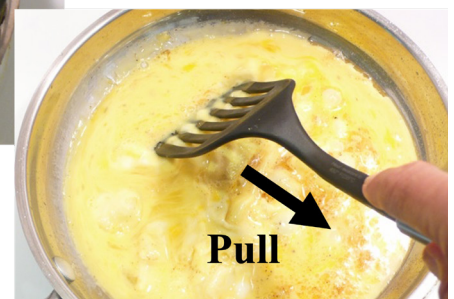
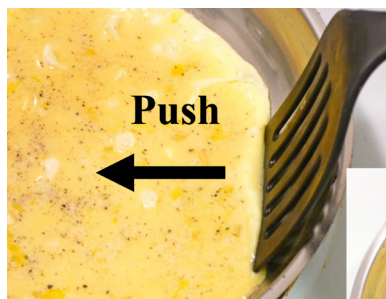
Add eggs to the pan and let them cook for about 30 seconds.



When the eggs start to bubble and solidify along the pan edge,...



...use a spatula to push and pull eggs across the pan. Push and pull at 10-15 second intervals.



When the eggs start to look like this,...



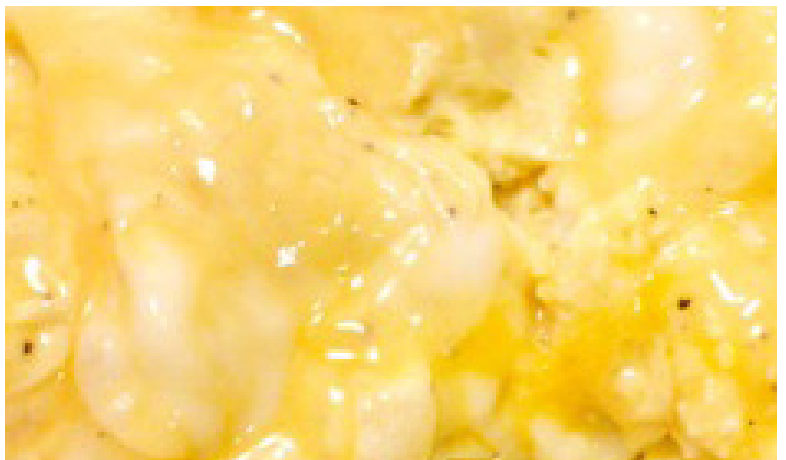
...turn them with a spatula every 10-15 seconds.



Scrambled eggs are done when they are solid throughout with no runny liquid.



If your eggs look like this: runny and wet, keep turning them with a spatula until they look as shown above.



Lift freshly cooked scrambled eggs onto a plate and enjoy them warm.



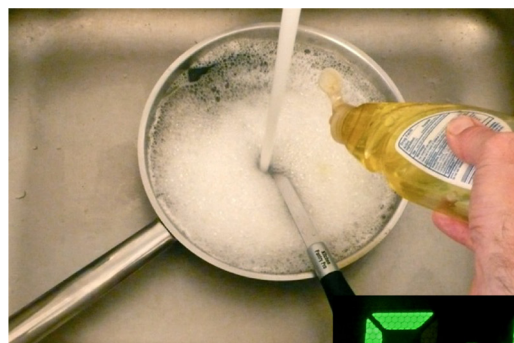
Kitchen Tip: Make Cleanup Easy

The trick is to start soaking the pan as soon as it has cooled enough to touch safely. The rest of the cleaning can be done later.

Move the hot pan to an unused burner and let it cool until you can touch it safely.



Once the pan has cooled enough to touch safely, fill it with warm water and a squirt of dish detergent, and let the pan and spatula soak for at least 5 minutes.



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



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