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## **1. BOILED EGGS**

### **- Soft-boiled Eggs**

Soft-boiled eggs are eggs that are cooked in their shells with the whites set but the yolk remains runny. This method involves immersing the eggs in boiling water for a short amount of time. Soft-boiled eggs are a popular breakfast dish and are often served with toast for dipping.

### **- Hard-boiled Eggs**

Hard-boiled eggs are eggs that have been cooked in their shells in boiling water until the whites and yolks are solid. They are commonly used in salads, sandwiches, and as a standalone snack. Hard-boiled eggs can also be served sliced, chopped, or mashed to add protein and texture to various dishes.

Eggs can be prepared in various ways such as boiled, fried, scrambled, poached, and baked. Each method of cooking eggs produces a distinct texture and flavor, catering to different preferences. Eggs are a versatile ingredient that can be used in a wide range of dishes from breakfast to desserts, making them a staple in many cuisines around the world.

## **2. SCRAMBLED EGGS**

### **- Classic Scrambled Eggs**

Classic Scrambled Eggs refer to eggs that are whisked, cooked in a pan, and gently stirred until they are set but still soft and creamy. This method is one of the most popular ways to prepare eggs and is loved for its simplicity and versatility in flavor additions. Other popular ways to enjoy eggs include boiled, poached, fried, and as an omelette, offering different textures and tastes for egg lovers.

### **- Cheesy Scrambled Eggs**

Cheesy scrambled eggs are a delicious twist on traditional scrambled eggs. They are made by beating eggs and mixing in cheese before cooking. This variation adds a creamy texture and a rich flavor to the dish, making it a popular choice for breakfast or brunch.

Eggs can be prepared in various ways such as boiled, poached, scrambled, fried, and baked. Each cooking method offers a unique texture and flavor to the eggs. Experimenting with different ways to cook eggs can lead to versatile and delicious dishes.

## **3. FRIED EGGS**

### **- Sunny Side Up**

Sunny Side Up eggs are fried on one side with the yolk intact and the white opaque. It is a popular way to prepare eggs for breakfast or brunch. The yolk can vary between runny, soft, or fully cooked depending on personal preference.

### **- Over Easy**

"Over easy" is a term used to describe a way of cooking eggs where the egg is fried on one side, flipped, and then cooked slightly on the other side. This method results in a runny yolk but with firm whites. It is one of the many ways eggs can be prepared based on personal preference.

Eggs can be cooked in various ways including frying, boiling, and poaching. They are a versatile ingredient used in baking, cooking, and as a standalone dish. Different cultures

have unique ways of preparing eggs such as shakshuka, omelettes, and egg custards.

#### **4. OMELETTES**

##### **- Veggie Omelette**

A veggie omelette is a delicious egg dish made by mixing beaten eggs with chopped vegetables such as bell peppers, onions, tomatoes, and mushrooms. It is a versatile dish that can be customized with various veggies and cheeses to suit different tastes. Veggie omelettes can be cooked in different ways such as folded, rolled, or open-faced, making them a popular and healthy choice for breakfast or brunch.

##### **- Ham and Cheese Omelette**

A Ham and Cheese Omelette is a popular dish made with beaten eggs cooked with diced ham and cheese. It is a delicious and filling breakfast option that can be customized with various ingredients like mushrooms, peppers, and onions. Eggs can be prepared in numerous ways, such as scrambled, poached, fried, or boiled, offering diverse options for a nutritious meal.

Eggs can be prepared in various ways, including boiled, fried, scrambled, poached, and baked. They are a versatile ingredient that can be incorporated into dishes such as omelettes, quiches, and frittatas. Eggs can also be used in baking to add richness and moisture to cakes, cookies, and other baked goods.

#### **5. POACHED EGGS**

##### **- Traditional Poached Eggs**

Traditional poached eggs are prepared by cooking eggs in simmering water with vinegar. This method helps the whites to set while keeping the yolk runny. There are other ways to cook eggs such as boiling, frying, and scrambling which result in different textures and flavors.

##### **- Eggs Benedict**

Eggs Benedict is a classic breakfast dish consisting of poached eggs, Canadian bacon, and hollandaise sauce on an English muffin. Other variations of eggs include eggs Florentine, which substitutes spinach for the Canadian bacon, and eggs Chesapeake, which replaces the bacon with crab cakes. Each variation offers a unique twist on the original Eggs Benedict recipe, catering to different tastes and preferences.