

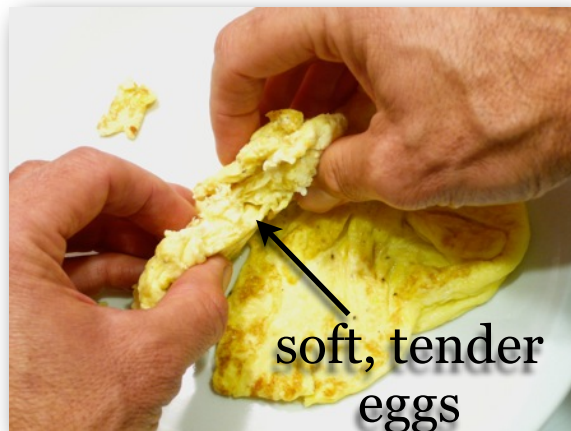
# Quick & Easy Pan Cooked Scrambled Eggs



## TIPS:

1. The key to quickly cooking **scrambled eggs** is making sure the pan is heated to the proper cooking temperature, as shown in step 5 below, before adding the **eggs**.
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 because **salt** helps break down some of the proteins in the **eggs**. **Eggs** cooked without **salt** tend to be tough and rubbery as shown in the right photo below.



**Preparation Time:** 2 minutes

**Cooking Time:** 5-10 minutes

### **Ingredients** (for 2)

**1-2 Eggs per person**

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

**Butter or Margarine**

**Dash of Salt**

**Ground Black Pepper**



## Equipment

10 – 12 Inch Frying Pan

Small Bowl

Fork

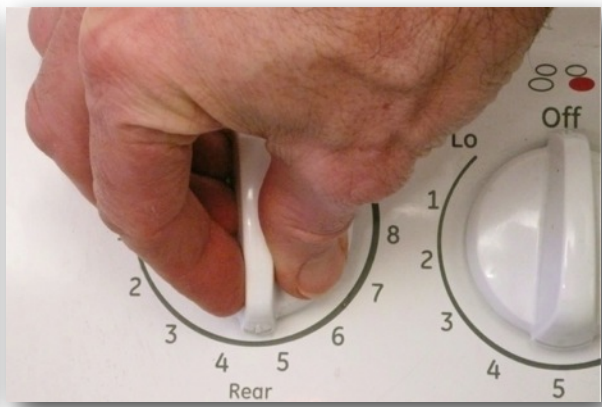
Spatula

Table Knife

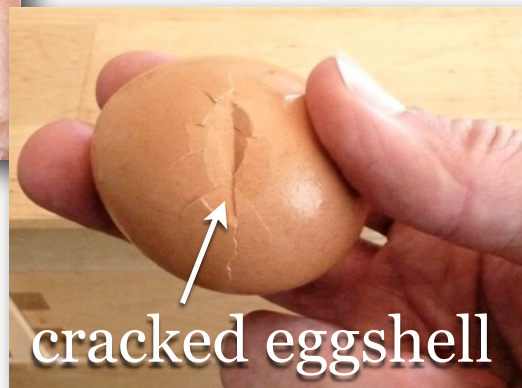




1. Put the frying pan on the stove, and turn on the burner to MEDIUM heat.

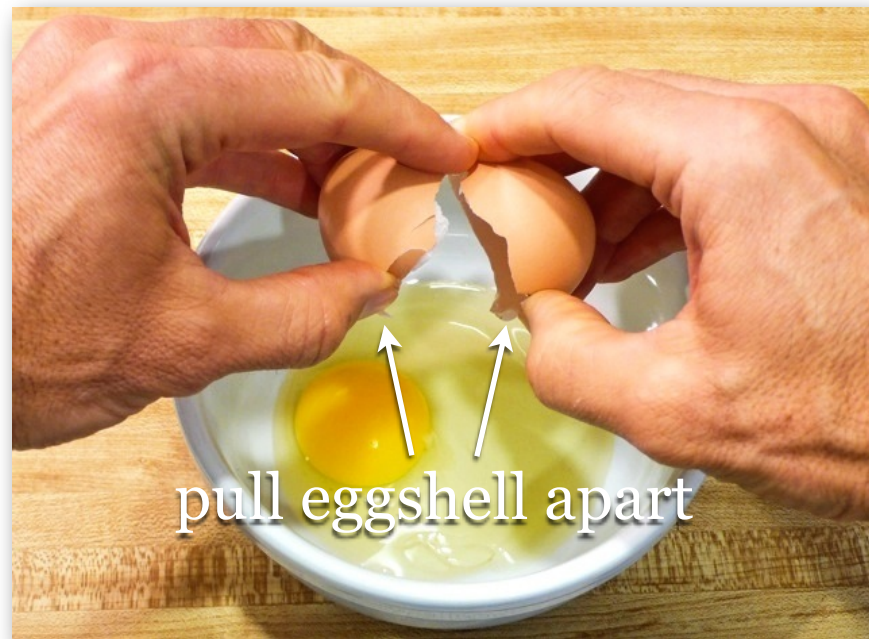


2. Break **2-4 eggs**, one at a time, into a small bowl by holding **each egg** snugly in your hand and tapping it just hard enough on a firm (preferably rounded) surface, like the countertop edge as shown, to crack the **eggshell**.

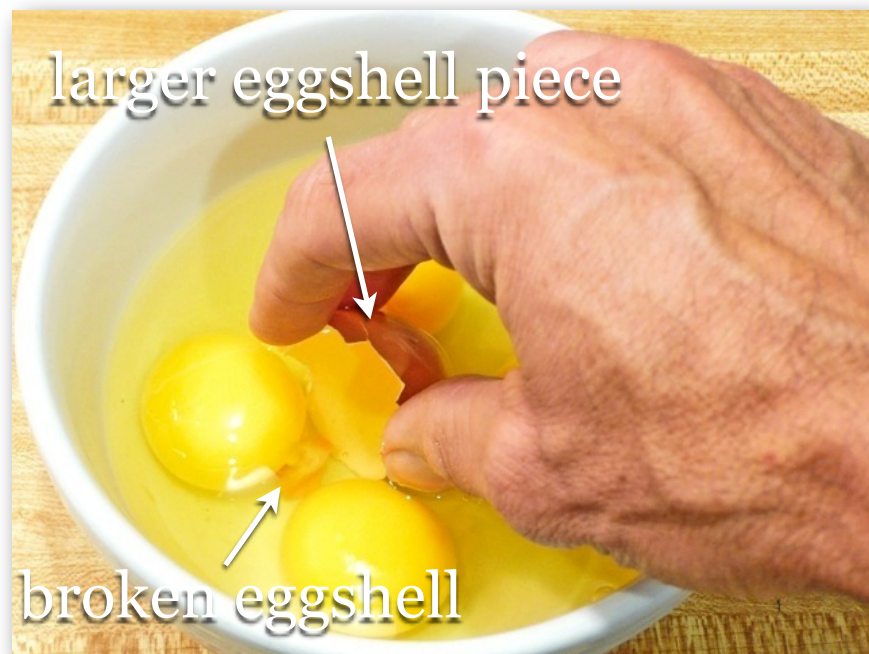


Use your thumbs to push in on the **crack in the eggshell** to break the **membrane** while gently

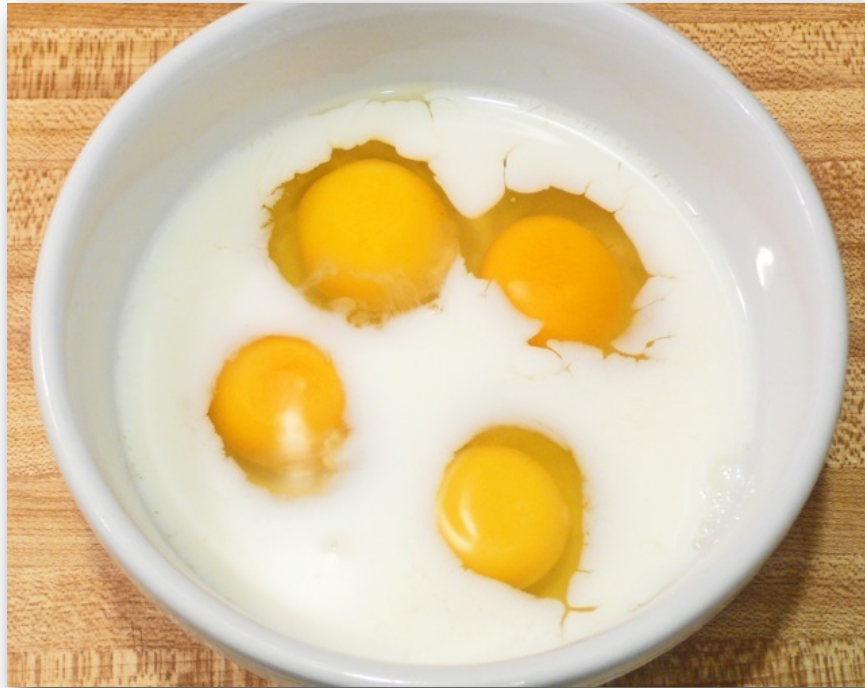
pulling the **eggshell** apart to release the **egg white** and **yolk** into the bowl.



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 **splash of milk** (optional - **milk** helps make the **cooked eggs** slightly more tender) and...



...a **light dash of both salt** and **ground black pepper**.





4. Stir (scramble) 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.

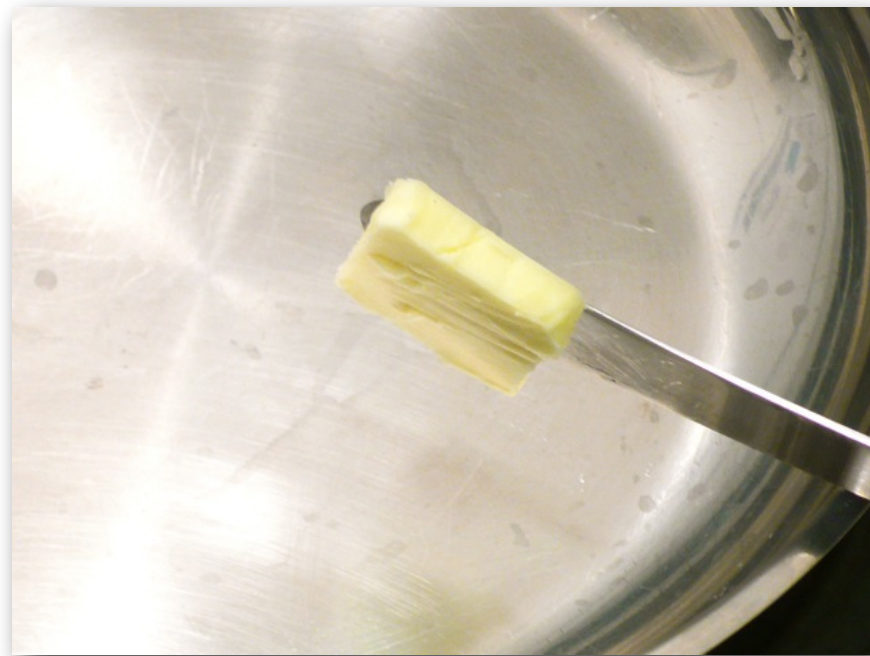


The pan is warmed to the proper cooking temperature when the water sizzles on contact with the pan surface and quickly evaporates.

**(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 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 **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...



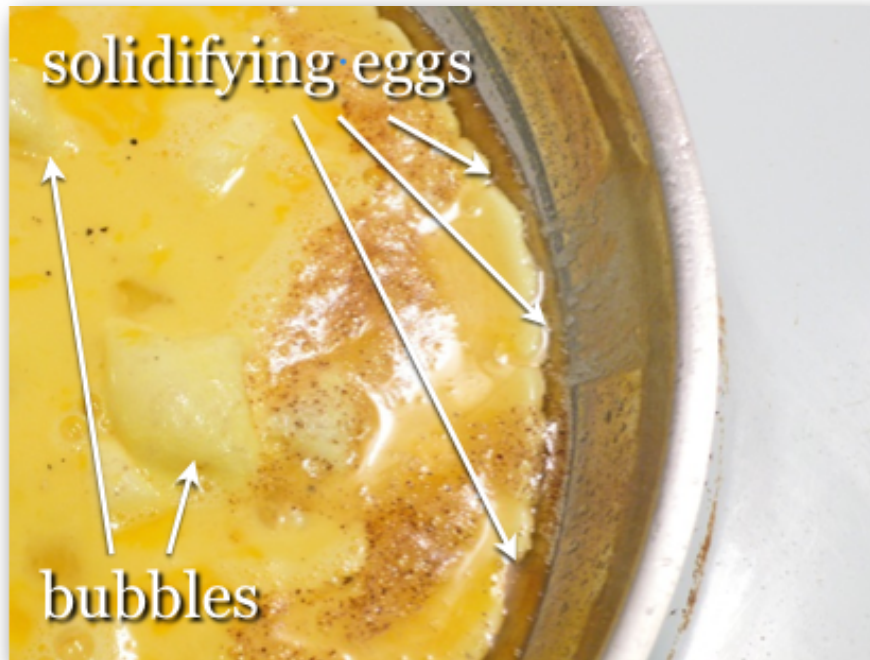
...the pan surface is evenly coated like this.



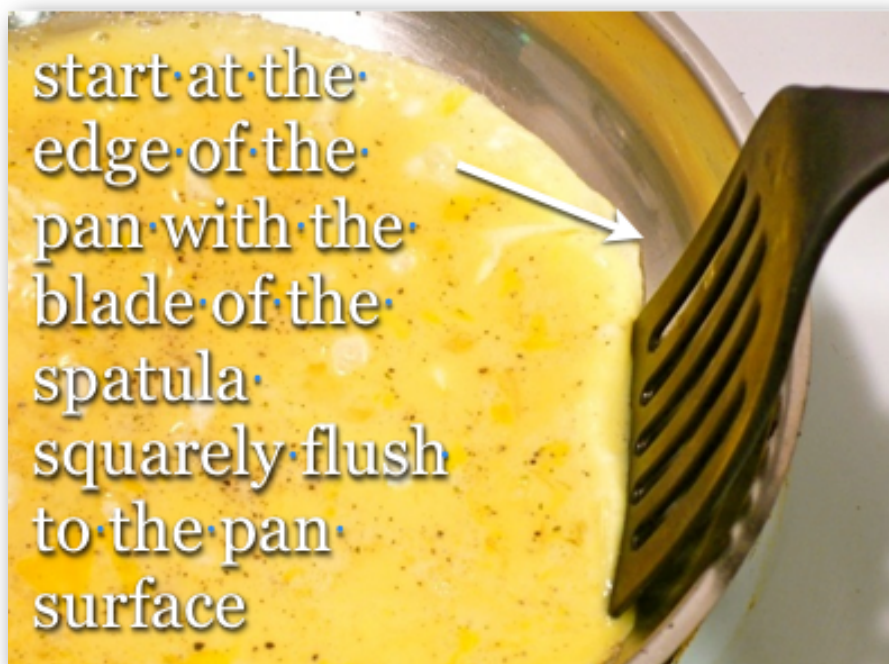
7. Right away, add the **eggs** to the pan, and...



...let them cook for about 30 seconds until they start to solidify along the pan edge and form bubbles that push up from the pan surface. Then...



...lay the blade of a spatula flush to the pan surface starting at the pan edge, and...

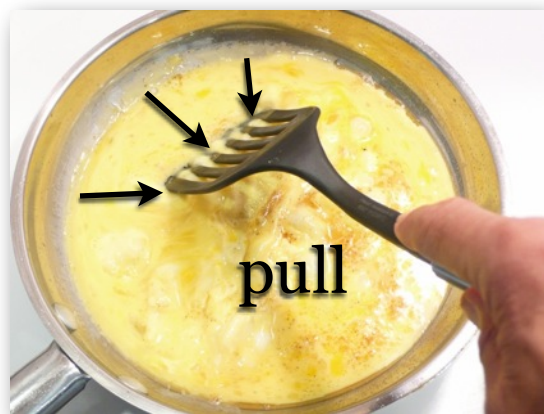
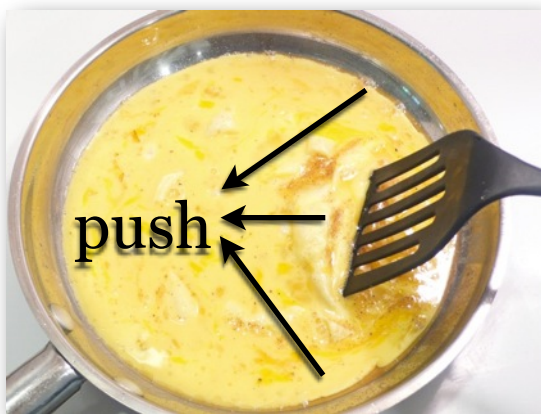




...gently and evenly scrape the **eggs** toward the middle of the pan.



Keep pushing and pulling the **eggs** from the side of the pan with the spatula gently and evenly as shown in the following two pictures until...



...the **eggs** have solidified enough to form a mound in the middle of the pan like this.



Finish by turning the **eggs** over once every 10-15 seconds with a spatula as shown here until...

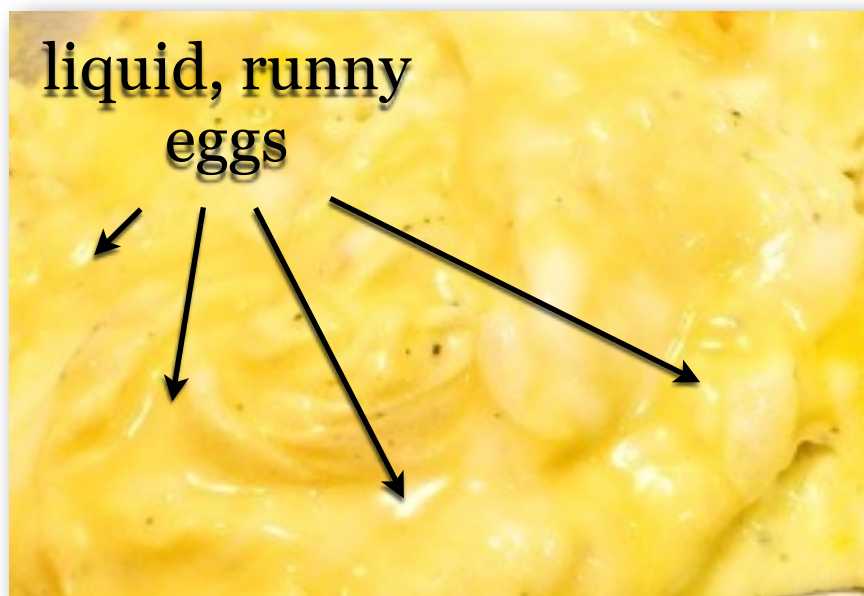


...the **eggs** are done. **Scrambled eggs** are safely cooked when they are solid throughout with no runny liquid but are still tender and slightly moist on the surface as shown here. If, however,...



## **Safely Cooked Scrambled Eggs**

...your **eggs** look undercooked - still runny and wet - as shown in the following pictures, keep cooking and turning the **eggs** until they are safely cooked through as shown in the **Safely Cooked Scrambled Eggs** picture above.



## **Unsafe, Undercooked Scrambled Eggs**



8. Lift the **cooked scrambled eggs** from the pan onto a plate and...



...serve warm.



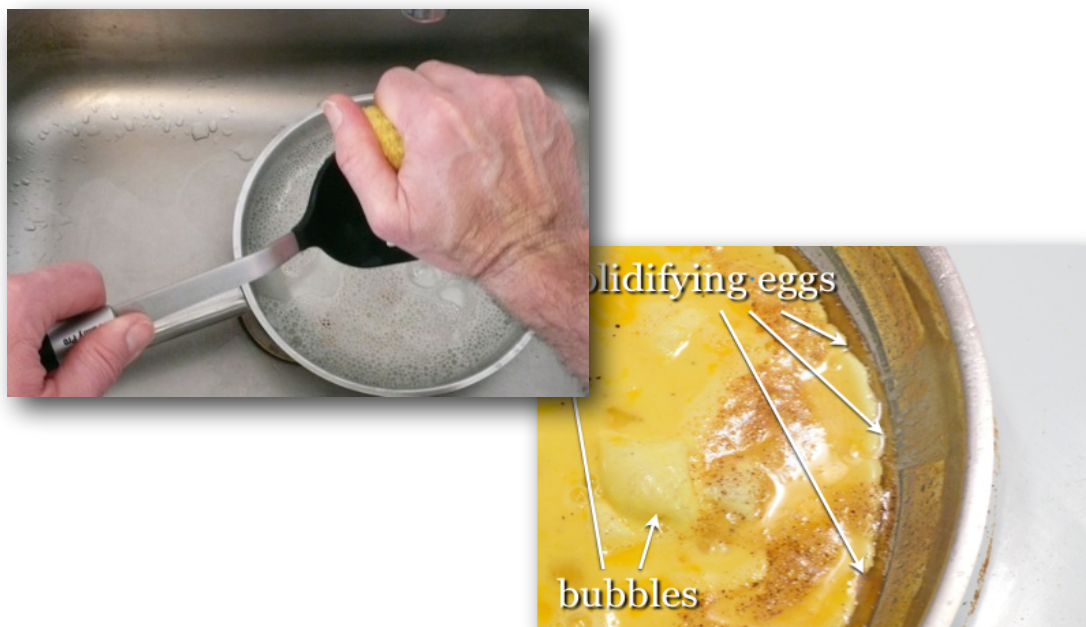
9. **Cleaning Tip** - To make cleanup as easy as possible, transfer the hot pan to a cool burner until the pan is safely cool to touch. Then...



...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.



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