**EGGS ALL DAY CONTENT**

**HOME:**

[TITLE]

Eggs are a great, inexpensive source of protein, and one of the few foods that naturally offer vitamin D. They're also incredibly versatile. So, why only eat them for breakfast? Check out some ideas for making eggs part of your meal any time of day.

**HOW-TO:**

HARD-BOILED:

**Step 1:** Bring a large saucepan of water to a boil over medium-high heat. Using a slotted spoon, carefully lower 4–8 eggs into water one at a time. Cook 10 minutes, maintaining a gentle boil. Carefully transfer eggs to a bowl of ice water and let cool until just slightly warm, about 2 minutes.

**Step 2:** Gently crack eggs all over and peel, starting from the wider end containing the air pocket.

**Step 3: Do Ahead:** Eggs can be cooked and peeled 3 days ahead. Transfer to an airtight container and chill.

[SOURCE: Bon Appetit](https://www.bonappetit.com/recipe/hard-boiled-eggs)

**TIP:** For this method, use eggs that are a little older rather than fresh ones. This will make them much easier to peel without damaging the egg white. You can see more about that on [this page.](https://www.thekitchn.com/5-mistakes-to-avoid-when-making-hard-boiled-eggs-cooking-mistakes-to-avoid-216999)

SOFT-BOILED:

Follow instructions above but reduce cooking time to 6 ½ minutes.

**Recipe suggestions for this method:**

[**Deviled Eggs**](https://www.epicurious.com/recipes/food/views/deviled-eggs-106562)

[**Scotch Eggs**](https://www.bonappetit.com/recipe/scotch-eggs)

[**Classic Egg Salad Sandwiches**](https://www.marthastewart.com/314646/classic-egg-salad)

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SCRAMBLED:

INGREDIENTS:

2 free-range [eggs](https://www.bbc.co.uk/food/egg), 2 tsp [butter](https://www.bbc.co.uk/food/butter), salt and freshly ground [black pepper](https://www.bbc.co.uk/food/black_pepper)

STEP 1: Crack 2 eggs into a bowl and season with salt and pepper. Lightly beat with a fork until the yolks and whites are combined.

STEP 2: Heat a frying pan over a medium heat. Melt a teaspoon of butter in the pan so the base and sides are covered. When the butter starts to foam, pour in the eggs and stir immediately with a wooden spoon. Keep stirring gently as they cook to break up the egg and help it to ‘scramble’. This should take 3–5 minutes.

STEP 3: When the egg is nearly cooked remove from the heat and stir in another teaspoon of butter. The eggs will continue to cook in the residual heat of the pan to produce a smooth and creamy finish. Serve immediately.

[SOURCE: BBC Food](https://www.bbc.co.uk/food/recipes/how_to_make_scrambled_93136)

Recipe suggestions for this method:

[French Omelette](https://www.thekitchn.com/how-to-make-a-french-omelette-cooking-lessons-from-the-kitchn-206018#post-recipe-9327)

[Migas](https://www.latimes.com/recipe/new-mex-migas) (A perfect use for all the broken tortilla chips at the bottom of the bag!)

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FRIED:

2 teaspoons oil  
4 large eggs  
Salt and pepper  
2 teaspoons unsalted butter, cut into 4 pieces and chilled

Heat oil in 12- or 14-inch nonstick skillet over low heat for 5 minutes. Meanwhile, crack 2 eggs into small bowl and season with salt and pepper. Repeat with remaining 2 eggs and second small bowl.

Increase heat to medium-high and heat until oil is shimmering. Add butter to skillet and quickly swirl to coat pan. Working quickly, pour 1 bowl of eggs in 1 side of pan and second bowl of eggs in other side. Cover and cook for 1 minute. Remove skillet from burner and let stand, covered, 15 to 45 seconds for runny yolks (white around edge of yolk will be barely opaque), 45 to 60 seconds for soft but set yolks, and about 2 minutes for medium-set yolks. Slide eggs onto plates and serve.

[Source: America’s Test Kitchen (via KCET)](https://www.kcet.org/food/weekend-recipe-perfect-fried-eggs)

Recipe suggestions for this method:

[Fried Eggs & Greens Over Polenta](https://www.thekitchn.com/recipe-fried-eggs-and-collard-77455#post-recipe-9189)

[Croque Madame](https://www.marthastewart.com/353224/croque-madame)