**Pan-Fried Egg Instructions**

Heat pan for about 30 seconds.

Add about a tablespoon of vegetable oil or butter to the pan. Wait for about 30 seconds.

Break an egg in a bowl.

Carefully place the egg on the pan.

Wait until the bottom of the egg gets a little brown, and the egg white has set a little.

Flip the egg over.

Tap on the egg yolk to test for firmness.

When the egg yolk reaches the desired firmness, remove it from the pan.

Note: When Thomas fries an egg, after he flips it over, He turns off the heat and waits about 1 to 1½ minutes, depending on the desired firmness of the egg.