

RECIPE: BASIC EGG SKILLS 101

Let's level up our skills! This is your chance to learn the proper techniques, tricks and tips to a great scramble, fry and poach!

TOOLS

- A small frying pan for scrambled and fried eggs
- A medium saucepan for poached eggs
- A slotted spoon, plate, paper towel
- Silicone spatula
- Spatula/flipper - what you'd use for pancakes

THE PERFECT SCRAMBLED EGGS - small frying pan

- 2-3 eggs
- Non stick spray if you have it
- 1-2 tablespoon butter or margarine
- 1-2 teaspoons of oil
- 1 pinch salt + pepper

DIRECTIONS

SCRAMBLED EGGS - you want the FRESHEST eggs you have

TIPS + TOOLS:

1. Crack your eggs into a bowl and whisk until foamy with a fork.
2. With a frying pan, add a little pat of butter or margarine and turn the heat to medium low.
3. Add your eggs while the butter is still melting and using a spatula, move the eggs around in the pan as they cook slowly.
4. Salt and pepper right at the end, and for extra yummy, add another little pat of butter or margarine right at the end to make them glossy.
5. Take the eggs out once they're nicely set up and fluffy big "curds".

FRIED EGGS- medium to large frying pan, lid

- 2 eggs
- 1 teaspoon oil + 1 teaspoon butter
- Pinch salt + pepper

DIRECTIONS

FRIED EGGS - you want the FRESHEST eggs you have

TIPS + TOOLS:

- For 1-2 eggs, you'll need an 8-inch pan and for 3-4 eggs, you'll need a 12-inch pan.
- **TYPES OF PANS:**
 - **Cast iron** retains heat so well and really gets those egg whites super crispy.
 - **Non stick**- The eggs easily glide right from the surface onto a plate.
 - **Enameled Cast Iron**- You get the benefits of both cast iron heat and nonstick.
- **TIMING:** 2 minutes for runny yolks, 4 minutes for hard yolks
- **TECHNIQUE:** uncovered takes a little bit longer (2 ½ mins) and you'll see the edges will get a little crispy VS covered with 1 tsp water will essentially steam the egg as it cooks, and you'll see the yolk will become slightly covered in a little white layer of the whites

TO MAKE OVER EASY:

1. Heat your pan on medium heat, and add a little pat of butter/margarine and a teaspoon of oil.
2. Crack your egg either directly in the pan, or into a little bowl and then lower down into the hot pan.

3. Cook for about 2 minutes then carefully flip and cook for an additional 10-30 seconds for over-easy | 30-60 seconds extra for over-medium | 1-2 minutes extra for over-hard

TO MAKE A SIMPLE SUNNY SIDE UP EGG:

1. Heat your pan on medium heat, and add a little pat of butter/margarine and a teaspoon of oil.
2. Crack your egg either directly in the pan, or into a little bowl and then lower down into the hot pan.
3. Cook for about 3-4 minutes, and to help the egg white become translucent, pop a lid on top.

POACHED EGGS- saucepan, slotted spoon, plate, paper towel

- 2 eggs
- 2 tablespoons white vinegar

DIRECTIONS FOR POACHED EGGS

POACHED EGGS - you want the FRESHEST eggs you have

1. **Note:** For every liter/quart of water used to poach the eggs, add 2 tbsp white vinegar or white wine vinegar and 1 tsp of kosher salt.
 - 2 eggs
 - 2 tablespoons white vinegar

DIRECTIONS:

1. Add water to the pan, then vinegar and salt
2. Bring to a simmer - so we'll turn on medium high then down to a simmer once it starts to baby bubble
3. Crack eggs one at a time into a small bowl
4. Swirl the water and gently lower into the water
5. COOK covered: 2-4 mins for soft poached eggs