

The Incredible Edible Egg

The egg is a wonderful staple to keep in your fridge and use often in your cooking. In addition to using eggs in recipes, you can cook eggs to become the main part of the meal.



Scrambled Eggs:

Melt a small amount of butter in skillet on medium heat. Whisk together 2 eggs, 1 teaspoon water, dash of salt and pepper. (you may use milk or cream instead of water). Pour into skillet and cook, over medium heat, stirring constantly until eggs begin to set. Add a small amount of cheese if desired and continue stirring and cooking until eggs are done and cheese is melted. The eggs are done when they are no longer soupy.

Fried Eggs:

Heat skillet over medium heat and spray with cooking spray or add a small amount of oil. Break eggs into skillet. Season with salt and pepper and cook until whites are set.

- For eggs sunny side up: You can help the top of the egg cook by drizzling some hot oil over the whites first, and then the yolk
- If you want eggs over easy, then turn eggs over and cook 2-3 minutes until yolks are cooked to desired doneness.

Omelet: Use 2 eggs; 1 teaspoon water, dash of salt and pepper. Heat oil in a small skillet over medium-high heat. Whisk together eggs, water, salt and pepper. Pour egg mixture into pan and cook quickly. Lift and push cooked outer edges with pancake turner and tilt pan to allow uncooked egg to flow to edges. Cook until eggs are set, but still moist and shiny. If desired, sprinkle cheese and vegetables over half of the eggs and fold the other half of the omelet over the top. Cook until cheese melts.

Boiled Eggs:

Place a few cold raw eggs in a saucepan and fill it with cold water, covering the eggs by an inch. Set the pan over high heat and bring water to a boil, uncovered. The water should come to a full, rolling boil. Turn off the heat and cover the pan. (For high altitudes like Utah, turn down heat and simmer for five minutes then turn off heat and cover the pan.) Don't forget about the pan and let the eggs sit too long or they will overcook! Leave the eggs in the covered pan for the right amount of time. See chart below. After your selected time is up, remove the cooked eggs from the pan with

a slotted spoon and tap each gently on the countertop to crack the shell in a few places. (Don't do this if you will be coloring easter eggs). Fill a bowl with ice water. Transfer the eggs to the bowl and leave them there for at least 1 minute. When ready to eat, peel the egg and enjoy!

Cooking Time chart: *For soft boiled eggs, wait to put the eggs in the water until the water is boiling.*

| Time | Egg characteristics |
|------------|--|
| 3 minutes | Soft-boiled (barely set whites) |
| 4 minutes | For slightly runny soft boiled eggs |
| 6 minutes | For custardy yet firm soft boiled eggs |
| 10 minutes | For firm yet creamy hard boiled eggs |
| 15 minutes | Very firm hard-boiled eggs |

Poached Eggs:

Poached eggs are cooked by slipping them naked into a bath of gently simmering water, and they come out with silky, easily pierced whites, and golden, gooey yolks.

One big key to success with poached eggs is also using **fresh eggs**. As eggs age, the composition of the whites change and becomes more fluid. The fresher the egg, the "tighter" it will poach; the older your egg, the more ghost-like wisps in the water. A spoonful of vinegar helps the situation by encouraging the whites to

coagulate quickly. If you're new to poaching and want a guarantee of success, we recommend adding vinegar. Don't worry — just a splash won't change the flavor of your egg!

You can also poach several eggs at once, but make sure there's room in your pan for each one to have a little elbow room. Crack them into separate measuring cups and slip them into the water one by one. You'll also need to extend the cooking time by about 30 seconds for each extra egg.

The most basic poached egg is so simple that a child could make it, and there's no reason not to, as it really is one of the most delicious and satisfying tasks in the kitchen.

Instructions

1. **Heat the water:** Fill the saucepan about 2/3 full with water and bring to a boil.
2. **Take the water down to a simmer:** Turn the heat down and let the water relax into a brisk simmer. You should see bubbles coming up to the surface, but it won't be rolling. (It's easier and quicker to control the simmer if you bring it to a boil first, then reduce the heat rather than trying to get it to the perfect simmer from the get-go.)
3. **Crack the egg into a small cup:** Crack the egg into a small measuring cup, preferably one with a long handle. This will help you ease the egg into the water.

4. **Add vinegar to the water:** This step is optional, but many people like to add vinegar to the boiling water because it helps the loose, billowy white cohere to itself and cook into a more compact shape. The taste is not noticeable in the finished egg, although you might notice a firmer, more "squeaky" texture to the white.
5. **Ease the egg into the water:** Use the measuring cup to carefully lower the egg into the water and then tip it out into the water. Make sure the water is at a bare simmer.
6. **Cook for 4 minutes:** The final cooking time for a poached egg is very much up to you, and it depends on how well you like your eggs done and how hot the water is. But 4 minutes, give or take, in lightly simmering water, will give you a firm white and a gooey but still runny yolk.
7. **Remove the egg:** Use a slotted spoon to remove the egg from the water.
8. **Pat the egg dry:** This is optional as well, but I like to pat the egg dry lightly with a paper towel.
9. **Season and eat!** Place the poached egg on a salad, piece of toast, or a plate and season to taste with salt and pepper. Eat immediately!