

# EGGS

## Fried Eggs

1 egg                    salt & pepper                    cooking spray or butter

In a skillet, heat butter, bacon drippings or cooking spray until it sizzles. Break each egg gently into the skillet. Reduce heat to low. Cook slowly. Options:

Sunny-side up: do not turn the egg over. Cook until a film forms over the yolk. You may achieve this by cover the egg with a pan lid.

Easy over: when the egg white is no longer clear, gently turn the egg over using a turner. Cook until egg is at desired doneness. Season with salt and pepper

## Scrambled Eggs

1 egg                    salt & pepper                    cooking spray or butter

Break an egg into a bowl. Add a pinch of salt and pepper. Using a whisk or fork, stir thoroughly for a uniform yellow color. Heat ½ T. of butter or coat skillet with cooking spray over medium heat until just hot enough to sizzle. Pour egg mixture into skillet. As mixture begins to set at bottom and sides, gently stir eggs so that they are cooked throughout but still moist. You can scramble many eggs together at once. Additional ingredients can be added, such as cheese, green onion, ham, mushrooms, crumbled bacon, chives, etc.

## Hard Boiled Eggs

1 egg                    salt & pepper

Place eggs in a saucepan; add enough cold water to come at least 1" above the eggs. Heat rapidly to boiling. Remove from heat; cover. Let stand for 22-24\* minutes. Immediately cool eggs in ice cold water to prevent further cooking. Tap egg to crack shell and peel. Hold under running cold water to help ease off shell.

\*let stand for 1-3 minutes for a soft boiled egg.

## Egg in Toast

1 egg                    1 slice of bread  
Butter                    Salt and pepper                    cooking spray

1. Spread butter on both sides of the bread.
2. Use a cookie cutter or a glass to cut a hole in the middle of a slice of bread.
3. Spread some butter on a frying pan or spray it with cooking spray and place the bread on it.
4. Begin to cook on medium-low heat, crack the egg into the hole.
5. When the egg is set, flip it over and continue cooking for a while. Sprinkle with salt and pepper.

Don't waste the cut-out bread. Toast it and eat it too!

## Poached Eggs

1 egg                    2 tsp. vinegar

Fill a small saucepan with water and bring to a boil. Add vinegar to water. Break the egg into a small bowl and then gently drop into boiling water. Use a spoon to nudge the whites to keep them from spreading. Turn off the heat, cover pan and let sit for 4 minutes, until the whites are cooked. Lift the egg from the water with a slotted spoon once they are cooked.