



Basic Poached Egg

EGGS, cold

Salt and pepper

HEAT 2 to 3 inches of water in large saucepan or deep skillet to boiling. **ADJUST HEAT** to keep liquid simmering gently.

BREAK eggs, 1 at a time, into custard cup or saucer. Holding dish close to surface, **SLIP** egg into water.

COOK eggs until whites are completely set and yolks begin to thicken but are not hard, 3 to 5 minutes. **Do not stir**. **LIFT eggs** from water with slotted spoon. **DRAIN** in spoon or on paper towels. **TRIM** any rough edges, if desired. **SPRINKLE** with salt and pepper. **SERVE** immediately.

Basic Fried Eggs

Butter

EGGS

Salt and pepper

For Over-Easy or Over-Hard eggs: **HEAT 2 tsp. butter** in nonstick skillet over medium-high heat until hot.

BREAK eggs and **SLIP** into pan, 1 at a time. **IMMEDIATELY** reduce heat to low.

COOK SLOWLY until whites are completely set and yolks begin to thicken but are not hard, 5 to 6 minutes. **SLIDE** turner under each egg and carefully **FLIP** it over in pan. **COOK** second side to desired doneness. **SPRINKLE** with salt and pepper. **SERVE** immediately.

For Basted Eggs: **COOK** as for Over-Easy or Over-Hard Eggs, but use 2 Tbsp. butter. **COOK** until edges turn white. Begin **BASTING eggs** with butter from pan. **COVER** pan between basting and **CONTINUE COOKING** until whites are completely set and yolks begin to thicken but are not hard.

For Steam-Basted Eggs:

COOK as for Over-Easy or Over-Hard Eggs, but use 1 tsp. butter or a light coat of cooking spray. **COOK** until edges turn white. **ADD** 1 tsp. water to pan. **Cover pan tightly**. **CONTINUE COOKING** until whites are completely set; yolks begin to thicken but are not hard.

Source: <http://www.incredibleegg.org/recipes-and-more/recipes>

Basic Hard-Cooked Eggs

Prep Time: 1 minute

Cook Time: 15 to 22 minutes

PLACE eggs in saucepan large enough to hold them in single layer. **ADD** cold water to cover **eggs** by 1 inch. **HEAT** over high heat *just* to boiling. **REMOVE** from burner. **COVER** pan.

LET EGGS STAND in hot water about 15 minutes for large **eggs** (12 minutes for medium **eggs**; 18 minutes for extra large).

DRAIN immediately and serve warm. **OR**, cool completely under cold running water or in bowl of ice water, then **REFRIGERATE**.

Basic Scrambled Eggs

1 teaspoon butter or margarine

1 egg per person

1 Tablespoon of milk per egg

Salt and pepper to taste

BEAT eggs, milk, salt and pepper in bowl until blended.

HEAT butter in large nonstick skillet over medium heat until hot. **POUR IN** egg mixture. As **eggs** begin to set, **GENTLY PULL** the **eggs** across the pan with an plastic inverted turner, forming large soft curds.

CONTINUE cooking - pulling, lifting and folding **eggs** - until thickened and no visible liquid egg remains. *Do not stir constantly.* **REMOVE** from heat. **SERVE** immediately.

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