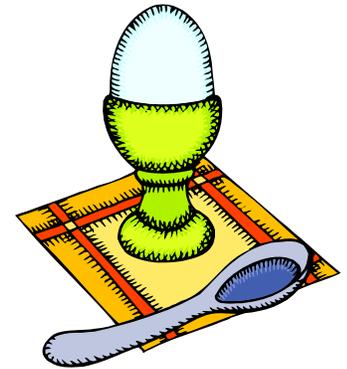


5 successful ways to Make Eggs Easily and Quickly

Eggs can go bad, so it is important to handle them carefully. At the store, open the carton to check that eggs are clean and free of cracks. Refrigerate eggs in original carton on a cold, inside shelf. Eggs are good for three to four weeks after you buy them. When cooking, wash all surfaces, utensils and hands with warm, soapy water before and after touching eggs.

1. Make hard-cooked eggs.

Place eggs in a pan large enough to hold them in a single layer. Add cold water to cover eggs by one inch. Heat on high just to boiling. Remove from the stove and cover. Let eggs stand in hot water – 12 minutes for medium eggs, 15 minutes for large eggs and 18 minutes for extra large eggs. Drain immediately and serve warm. Or, cool completely under cold water and refrigerate.



2. Make scrambled eggs.

Beat two whole eggs with ½ cup milk. Add salt and pepper to taste. Heat 1 teaspoon butter or oil in a non-stick skillet over medium heat until hot. Pour in egg mixture. As eggs begin to set, gently pull them across the pan with a spatula, forming soft curds. Continue pulling, lifting and folding the eggs until thickened with no visible liquid egg. Remove from heat and serve hot.

3. Make fried eggs.

Heat 2 teaspoons butter in nonstick skillet over medium-high heat until hot. Break eggs and slip into pan, one at a time. Immediately reduce heat to low. Cook slowly until whites are set and yolks begin to thicken but are not hard. Carefully flip with spatula. Cook second side to desired doneness. Add salt and pepper to taste. Serve.

4. Make poached eggs.

Boil 2 to 3 inches of water in a large pan or deep skillet. Lower the heat to maintain the water at a gentle simmer (not quite boiling). Break eggs, one at a time, into a small dish or cup. Holding dish close to surface, slip eggs into water. Cook until whites are set and yolks begin to thicken but are not hard – about three to five minutes. Do not stir. Lift eggs from water with a slotted spoon. Drain gently and serve hot.

5. Make French toast.

Beat four eggs, 3 tablespoons milk and a dash of nutmeg in a shallow dish until blended. Soak four slices of bread (one at a time) in egg mixture, turning once. Let the bread stand about one minute per side. Heat a lightly greased, nonstick skillet on high until hot. Add bread and reduce heat to medium. Cook until golden brown with no visible liquid – about two to three minutes per side. Serve.

For more recipes and photos, visit www.incredibleegg.org/recipes-and-more/cooking-school.