

brave



where you are

# LIFE SKILLS

how to cook eggs

# Life Skill #1: How to cook eggs

**There are so many ways to cook eggs, which is great because they are inexpensive and a good source of protein. Here are a few different ways. Try them all, and see which one is your favorite.**

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## HARD-BOILED

### INSTRUCTIONS:

- 1]** 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.
  - 2]** Remove from burner. Cover pan. Let eggs stand in hot water about 12 minutes for large eggs (9 minutes for medium eggs; 15 minutes for extra large)
  - 3]** Drain immediately and serve warm. Or, cool completely under cold running water or in bowl of ice water, then eat or refrigerate.
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## SCRAMBLED

### WHAT YOU NEED:

4 eggs  
1/4 cup milk  
Salt and pepper  
2 tsp. butter

### INSTRUCTIONS:

- 1]** Beat eggs, milk, salt and pepper in bowl until blended.
- 2]** Heat butter in large nonstick skillet over medium heat until hot. Pour in egg mixture.
- 3]** As eggs begin to set, gently pull the eggs across the pan with a spatula, 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.

## FRIED

### WHAT YOU NEED:

2-4 eggs

Butter

Salt and pepper

### INSTRUCTIONS:

- 1]** For over-easy or over-hard eggs: heat 2 tsp. butter in nonstick skillet over medium-high heat until hot.
  - 2]** Break eggs and slip into pan, 1 at a time. Immediately reduce heat to low.
  - 3]** Cook slowly until whites are completely set and yolks begin to thicken but are not hard. Slide spatula under each egg and carefully flip it over in pan. Cook second side to desired doneness. Sprinkle with salt and pepper. Serve immediately.
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## POACHED

### INSTRUCTIONS:

- 1]** Heat 2 to 3 inches of water and a dash of white vinegar in a large saucepan or deep skillet to boiling. Adjust heat to keep liquid simmering gently.
- 2]** Break eggs, 1 at a time, into custard cup or saucer. Holding dish close to surface, slip egg into water.
- 3]** 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.

## OMELET

### WHAT YOU NEED:

2 eggs

2 tbsp. water

1/8 tsp. salt and dash pepper

1 tsp. butter

1/3 to 1/2 cup filling, such as shredded cheese, finely chopped ham, baby spinach

### INSTRUCTIONS:

- 1]** Beat eggs, water, salt and pepper in small bowl until blended.
- 2]** Heat butter in 7 to 10-inch nonstick omelet pan or skillet over medium-high heat until hot. Tilt pan to coat bottom. Pour in egg mixture. Mixture should set immediately at edges.
- 3]** Gently push cooked portions from edges toward the center with spatula so that uncooked eggs can reach the hot pan surface. Continue cooking, tilting pan and gently moving cooked portions as needed.
- 4]** When top surface of eggs is thickened and no visible liquid egg remains, place filling on one side of the omelet. Fold omelet in half with spatula. With a quick flip of the wrist, turn pan and flip or slide omelet onto plate. Serve immediately.

## FRITTATA

### WHAT YOU NEED:

4 eggs

1/4 cup liquid, such as milk, tomato juice, broth

1/4 tsp. dried thyme leaves or herb of your choice

Salt and pepper

1 cup filling such as broccoli, red onion and cheese

2 tsp. butter or vegetable oil

### INSTRUCTIONS:

- 1]** Beat eggs, liquid, herb and salt and pepper in medium bowl until blended. Add filling; mix well. Heat butter in large nonstick skillet over medium heat until hot. Pour in egg mixture.
- 2]** Heat butter in 6 to 8-inch nonstick omelet pan or skillet over medium heat until melted. Pour in egg mixture; cook over low to medium heat until eggs are almost set.
- 3]** Remove from heat. Cover and let stand until eggs are completely set and no visible liquid egg remains, 5 to 10 minutes.

# FRENCH TOAST

## WHAT YOU NEED:

8 eggs

1/3 cup milk

1/4 tsp. ground nutmeg, optional

8 day-old bread slices

## INSTRUCTIONS:

- 1]** Beat eggs, milk and nutmeg in shallow dish until blended. Soak 1 bread slice at a time in egg mixture, turning once, letting stand about 1 minute per side.
- 2]** Heat lightly-greased large nonstick skillet over high heat until hot. Remove from heat.
- 3]** Place as many bread slices in hot pan as will fit in single layer. Immediately reduce heat to medium. Cook until golden brown and no visible liquid egg remains, 2 to 3 minutes per side. Repeat to cook remaining bread. Serve immediately.

\*These instructions were taken from <http://www.incredibleegg.org/cooking-school/egg-cookery/>

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