Poached Eggs
2 to 4 Servings

Water, milk, broth, tomato juice, wine or other liquid
4 Large eggs

HEAT 2 to 3 inches of water or other liquid 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.

- Eggs will pick up color highlights from some liquids.

Scrambled Eggs
1 or 2 Servings

2 Large eggs
2 tablespoons skim or 1% low-fat milk
salt and pepper to taste
1 teaspoon butter or cooking oil OR cooking spray

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

HEAT butter in large nonstick skillet over medium heat until hot.
PUSH IN egg mixture.

As eggs begin to set, GENTLY PULL the eggs across the pan with an 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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### Fried Eggs
1 to 2 Servings

- 1 teaspoon to 2 tablespoons butter or cooking oil OR cooking spray
- 2 Large eggs
- Salt and Pepper, optional

For Sunny-Side-Up 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. COVER pan and COOK SLOWLY until whites are completely set and yolks begin to thicken but are not hard, 5 to 6 minutes. SPRINKLE with salt and pepper, if desired, SERVE immediately.

### Hard-Cooked Eggs
Yield: 6 eggs

- 6 Large eggs
- water

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.

To peel a hard-cooked egg: Gently tap egg on countertop until shell is finely cracked all over. Roll egg between hands to loosen shell. Start peeling at large end, holding egg under cold running water to help ease the shell off.

Storage time: In the shell, hard-cooked eggs can be refrigerated safely up to one week. Refrigerate in their original carton to prevent odor absorption. Once peeled, eggs should be eaten that day.

### Omelet
1 to 2 Servings

- 2 Large eggs
- 2 tablespoons water
- 1/8 teaspoon salt
- dash pepper, if desired
- 1 teaspoon butter or cooking oil OR cooking spray

BEAT eggs, water, salt and pepper, if desired, in small bowl until blended. 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. GENTLY PUSH cooked portions from edges toward the center with inverted turner so that uncooked eggs can reach the hot pan surface. CONTINUE cooking, tilting pan and gently moving cooked portions as needed. 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 turner. With a quick flip of the wrist, turn pan and INVERT or SLIDE omelet onto plate. SERVE immediately.