

Eggs Are "EGG"citing



How To Cook Eggs

- **HARD COOKED** - Put **unbroken** eggs in a single layer in pan. Cover eggs with **cold** water (this helps prevent cracking) so water is at least one-inch above eggs. Heat to boiling. Turn heat off and, if necessary, remove from burner to prevent further boiling. Cover pan and let eggs sit in hot water for 20 minutes. Quickly run cold water over cooked eggs until cool. Store eggs in refrigerator and use within a week.
- **POACHED** – In a saucepan or deep skillet bring 3 inches of water to a boil. Reduce heat to keep water gently simmering. Break eggs into a dish or cup. Gently slip eggs into the water. Cook about 5 minutes until yolks are firm. Remove eggs with a slotted spoon and drain.
- **FRIED** - Melt 1/2 to 1 Tablespoon fat in frying pan or skillet over medium-high heat. Break eggs one at a time and slip them into pan. Reduce heat to low. Cook about 4 minutes in covered pan or 2 to 3 minutes on each side until yolks are firm.
- **SCRAMBLED** - Break eggs into a bowl and add milk (for every 2 eggs add 2 tablespoons milk). Beat eggs and milk together. Put 1 teaspoon of margarine or cooking oil (or use cooking spray) into skillet or frying pan and heat on medium heat until hot. Add egg mixture and cook. Stir occasionally over low heat. Cook until firm throughout.