

# Scrambled Eggs

- 2 eggs per serving
- about 2 tablespoons milk per serving
- salt and pepper to taste
- butter
- tool: nonstick pan
- tool: flat-edged wooden spatula or similar flat wide-edged tool for stirring

Scramble the eggs, milk and seasonings with a fork or whisk. Give it a good half-minute, so that the eggs are fairly uniform.

Over a medium heat, heat just enough butter to coat the bottom of your nonstick pan. Once the pan is heated and the butter melted and thinly spread over the bottom, pour in the egg all at once.

Wait about 20 seconds. Turn off the heat, and use your flat-edged tool to fold and push the egg away from the edges into the center of your pan, using your other hand on the handle to tilt the pan and move the eggs.

Very gently stir and fold the eggs until very close to done; they will continue to cook for a few seconds after put on the plate, so you need to take them off early. The eggs should still be soft, and a little moist. What some people take to be "raw egg" is just water -- don't cook that off or your eggs will be like dry ashes in your mouth.

Immediately plate the eggs.

Preparation time: 10 minutes

– [Subscriptions \(1\)](#)

---

©1992-2014 by Scott David Gray

Source URL: <http://kitchen.unseelie.org/node/219>