

### Eggs, Scrambled

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Ingredients: Serves 4

6 Eggs

Salt & Pepper to Taste

1 Tbl Water, milk or cream

1 Tbl Oil or Butter

**Procedure:**

Break, on a flat surface, 6 eggs into a bowl. Add 1 Tbl liquid and beat with a whisk or fork until the yolks are fully incorporated with the whites. Heat a skillet to a very gently medium heat (the lower the heat the longer the cooking time and thus creamier the eggs).

Melt 1 Tbl butter or oil in pan then slowly pour in the beaten egg mix. Stir continuously, bringing up the bottom constantly with a spatula. Cook from 2-5 minutes, depending on your likes. Feel free to add other ingredients such as cheese, chopped chives or green onions, onions, herbs etc. Serve immediately, they will harden if left standing.

[« Back to List of Recipes](#)