

# EVERYTHING YOU NEED TO KNOW ABOUT making scrambled eggs

Making scrambled eggs is not a time-consuming task and they aren't difficult to prepare. But they are hard to do well. The goal is for them to turn out soft, fluffy, light yellow and full of flavor. If not done correctly, the eggs may end up dry, crumbly, bland, or browned. None of which sounds very appetizing

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## TIPS FOR MAKING PERFECT SCRAMBLED EGGS

- **Use a cast iron pan or nonstick skillet that is sized appropriately for the amount of eggs you are cooking.** A pan that is too large will result in drier eggs because they are spread out too thin to cook properly.
- **Whisk your eggs in a bowl right before adding them to the warmed skillet.** Whisking incorporates air and volume into the eggs making them fluffy. Letting them sit will decrease the air and volume you've added.
- **Scrambled eggs should be cooked slowly over a low to medium heat.** Never cook them on high. You want the eggs to cook and set, but not brown or get hard. Too much heat will dry out the eggs and make them crumbly.
- **Don't over-stir as the eggs cook** or they will break apart and you'll be left with small curds rather than large fluffy ones.
- **Remove the pan from the stovetop before the eggs are completely done.** Because they are a protein, scrambled eggs will continue to cook even when taken off the heat. For this reason, they should be removed when looking wet, but not runny.
- **Warm your plate before serving scrambled eggs.** A cold plate will suck the heat right out of your food. You can place an oven safe plate into a low temperature oven or microwave it for 30 seconds to 1 minute.

## THE "NOT-SO-SECRET" INGREDIENT FOR FLAVORFUL SCRAMBLED EGGS

In his book, *Everyday Cook*, food scientist Alton Brown exposed the idea of adding mayonnaise to scrambled eggs. But that wasn't the first time the ingredient was used in the breakfast dish. You can go clear back to 1972 when a mayonnaise ad first promoted the secret for "Mayoneggs" as having a "subtle new flavor, a creamy new texture" thanks to the addition of mayo to the eggs.

Regardless of whether Hellman's, Alton Brown, or an experimenting housewife were the first to add mayo to their scrambled eggs, once you've tried it, there is no going back. The mayonnaise adds a creaminess and rich taste to the scrambled eggs. And it means you can skip using milk, which can make scrambled eggs too runny and inconsistent.

There are a lot of people who do not like the flavor or creaminess of mayonnaise. But as Alton says, "You'll never know that the mayo is in the recipe unless you leave it out." The scrambled eggs do not have a strong mayo flavor, but it does add a richness and helps to create fluffier, creamier eggs.

## STEPS TO MAKING SCRAMBLED EGGS

Although using the freshest ingredients (and including the mayo), helps toward making the best scrambled eggs, it is really the cooking method that makes them perfect. This method works regardless of how many eggs you're preparing, the type of "cream" you add (mayo, milk, yogurt, etc.), or what you cook your eggs in.

**STEP 1:** Heat your cast iron pan or nonstick skillet over medium-low heat for three to five minutes.

**STEP 2:** When your pan is warm, add butter or bacon grease to the pan. Swirl it around as it melts to thoroughly cover the bottom and sides of the pan to keep your eggs from sticking. Don't let your butter turn brown as it will affect the color of your finished eggs.

**STEP 3:** Whisk your eggs well with a fork until they become a uniform golden color and are well combined. Then add in your salt and creamy ingredient of choice (mayonnaise, milk, heavy cream, yogurt, or cream cheese) and continue mixing until combined and air bubbles begin to show.

**STEP 4:** Immediately pour the egg mixture into your prepared skillet. Wait until the sides of the eggs begin to turn a lighter shade than the rest of the eggs and start pulling away from the edges of the pan before gently pulling the eggs toward the center of the skillet using a silicone heat-proof spatula or wooden spoon. Bring large curds toward the center and allow the uncooked egg mixture to fill in behind it. Tilt the skillet if necessary to spread any uncooked eggs onto the skillet's surface.

**STEP 5:** Continue continuously pulling the curds toward the center and stirring the eggs until there is no more visible uncooked eggs. You want to remove the pan from the stove top before the eggs are completely done to allow for carryover cooking. They should look wet, but not runny. This should take about two minutes.

**STEP 6:** Season your scrambled eggs with freshly ground black pepper to your liking and serve immediately.

# scrambled eggs with mayonnaise

## INGREDIENTS

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1 Tablespoon unsalted butter or bacon grease

3 fresh eggs

1 teaspoon water

1 teaspoon mayonnaise

1/8 teaspoon kosher salt

Freshly ground black pepper, to taste

## DIRECTIONS

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1. Warm cast iron or non-stick skillet over medium heat.
2. Add unsalted butter or bacon grease to your pan and spread it around with a flexible heat-proof silicone spatula. When ready, the butter will foam up a bit and sizzle if you splash a few drops of water into the pan.
3. While the butter is melting, beat three eggs together with a fork until no white and yolk separation.
4. Into the whisked eggs, add water, mayonnaise, and kosher salt.
5. When your skillet is hot enough, add the eggs into the center of the pan. Slowly pull the egg mixture in from the sides and push the cooked portion into the center of the pan. Allow the liquid parts of the egg to run underneath and continue cooking. Keep gently pulling until the eggs are set, but yet still creamy, about 2 to 3 minutes.
6. Remove the pan from the stovetop before the eggs look completely done. They should look wet, but not runny. Dish your perfect scrambled eggs out of the skillet and onto your warmed plate. Top with a little freshly ground black pepper and serve immediately.

*Makes one serving*

**TIP:** *Add in cheese, chopped veggies, herbs, bacon, or diced Canadian bacon when eggs are almost cooked in pan. Or mix the scrambled eggs with home fries, cheddar cheese, onions, peppers, and chopped bacon, sausage, or ham for a Breakfast Mix.*

YOU CAN FIND THIS RECIPE AT: <https://www.andersonandgrant.com/2017/02/perfect-scrambled-eggs.html>