



SCRAMBLED EGGS

EQUIPMENT:

STOVE
SMALL BOWL
WHISK OR FORK
RUBBER SPATULA
SMALL NONSTICK PAN

1 TBL. OIL OR BUTTER
2 EGGS
1 FL. OZ. WATER OR MILK
SALT AND PEPPER

HHF BASIL PESTO
OPTIONAL FOR TACOS:
CORN OR FLOUR TORTILLAS
VEGGIES-PRE COOKED
MEAT-BACON IS BEST

INGREDIENTS:

METHOD: FIRST

BREAK THE EGGS INTO THE BOWL AND ADD THE WATER OR MILK AND SEASON WITH SALT AND PEPPER. WHISK THE EGGS IN THE BOWL UNTIL THERE ARE NO MORE SOLIDS.

SECOND

HEAT THE PAN OVER MEDIUM HIGH HEAT UNTIL HOT. WITH RUBBER SPATULA IN HAND, POUR THE EGGS INTO PAN. USING THE SPATULA, CONSTANTLY STIR THE EGGS IN THE PAN IN A CIRCULAR MOTION. START ON THE RIM OF THE PAN AND WORK YOUR WAY AROUND. THEN SCRAPE THE BOTTOM OF THE PAN UNTIL DESIRED CONSISTENCY. I

THIRD

THE REASON WE WANT TO CONSTANTLY MOVE THE EGGS IN THE PAN IS SO THAT NO COLOR IS REACHED ON THE EGGS. ALSO, BY REDISTRIBUTING THE EGGS THAT ARE NOT YET COOKED, IT KEEPS THEM MOIST AND CREAMY. THE MOTO FOR SCRAMBLED EGGS IS THIS:

SMALL + SOFT + CREAMY CURDS!