

Mastering Scrambled Eggs...

Who doesn't fancy fluffy and light scrambled eggs with a slice of toast and some bacon in the morning? It is so easy to overcook scrambled eggs, resulting in the eggs losing colour, turning brown, becoming dry or even watery. The trick is to whisk enough air into your eggs prior to cooking and then once on the heat, it should take no more than a minute to a minute and a half to cook through. Remember, the eggs will continue to cook even when off the pan – so always take off the heat while it still looks moist because by the time it is served, it would have cooked through.

Here are my top tips for the perfect scrambled eggs:

- Ensure your eggs are fresh
- Eggs should be at room temperature to ensure even cooking
- Have your non stick pan, heat resistant spatula, whisk, eggs, butter, oil, salt & pepper at the ready – Avoid having to focus on other tasks while busy with your eggs (so get the bacon and toast out the way and leave your eggs for last)
- In a clean bowl, add your eggs (I used 6 the other day for Andrew & I – *blush* & it was a satisfying amount)
- For every egg, add 15ml of cream (you can substitute this for milk but it will impact on the creamy flavour)
- Whisk well to combine
- Put the pan on a very low heat, add equal amounts of oil and butter, coat the pan and pour out the excess oil / butter
- Add your egg mixture and allow to cook without interference for up to 30 seconds
- Add salt & pepper at this stage
- Using a spatula, gently push the egg from the sides of the pan to the centre of the pan, tilting the pan as you go to allow the liquid egg to run to the sides of the pan and then repeat the process until no liquid egg remains
- Continue to gently turn the eggs until the egg mixture becomes firm. Do not break up the egg curds with your spatula – you want to maintain large curds of eggs rather than small curds
- Transfer to your serving plate and enjoy !