

## HARD COOKED

A hard boiled egg is cooked in its shell in boiling water. The “hard” refers to the consistency of the egg white (or albumen) and the yolk. Making them is simple.

*How to Cook:* Fill a pot with enough water to cover your eggs by about two inches. Bring it to a boil and carefully drop in the eggs and leave them for 10-12 minutes. For easier peeling, place the eggs immediately in an ice water bath after boiling, then gently tap and roll them on a counter.

Bonus: you can hard boil a bunch of eggs at a time and refrigerate them. Eat them with a sprinkle of kosher salt, or chop into salads.



## SOFT COOKED

Soft boiled eggs follow the same process as hard boiled eggs, but you cut the cooking time roughly in half. This gets the egg white cooked while leaving the yolk runny. Our preferred method is the “six minute egg,” which sounds way fancy.

*How to Cook:* The six minute is just like it sounds: bring your water to a boil, gently lower in the eggs, set a timer for six minutes, then remove the eggs and drop them in an ice bath.

Sometimes soft boiled eggs are eaten in the shell, stood upright in little egg cups. You can then daintily tap the top of the egg with a spoon and scoop out the insides. They're great on toast, sprinkled with salt, pepper, and hot sauce. We also love dropping a couple on a thick black bean soup.



## SCRAMBLED

The almighty scrambled eggs. When they're done right, they're my favorite preparation. I like that scrambled eggs can be made by accident: "Oops, I dropped these eggs. I guess I'll just mix them up over some heat." Scrambled technically means that the whites and yolks are broken and mixed together.

Hard scrambled eggs are cooked all the through. This is the default preparation for scrambled eggs at most restaurants, and while they're good, they border dangerously on dry. That's why I prefer soft scrambled eggs. The texture is 10x better, and they play more nicely with other ingredients. The difference between soft and hard scrambled eggs is cooking time. If you want soft scrambled eggs, you need to keep in mind that eggs cook quickly. You can't walk away from them.

*How to Cook:* Whip your eggs (I add a little milk) in a separate bowl. Heat your pan no higher than medium, grease it, pour the eggs in, then stay close with a spatula. Turn and fold them repeatedly while they cook. Use the spatula to prevent them from spreading out, especially up the sides of the pan; when they spread too thin, they'll overcook quickly. I usually fold them until they no longer look runny, but still look wet (i.e. light is reflecting in them). Have your plate ready so you can remove them from heat immediately. They're perfect on buttered toast with salt and pepper; try adding slices of cheese or sauteed kale.





## POACHED

Poaching ties with soft scrambled as my favorite preparation. It's like boiling but without the shell, or like over medium that skips contact with the pan. These means you're avoiding any hard edges. The white is cooked through and the yolk is warm and runny.

Methods for poaching vary. Restaurants looking to poach in bulk will often immerse ramekins with raw eggs into boiling water, sometimes a whole tray full at a time. If you're just poaching at home, it's actually much easier than you may think.

*How to Cook : The Whirlpool*: Heat your water just shy of a rolling boiling point. Add a dash of vinegar. Crack the egg into a tiny bowl. Swirl the water in your pan to create a whirlpool, then carefully drop the egg into the center. The swirling pulls whites altogether in the center. Leave it in the water for about five minutes, then lift out with a slotted spoon.



## FRIED

### Sunny Side Up

Sunny side up means your egg yolk looks like a bright morning sun. To make: crack an egg directly into your greased frying device. Then fry it until the edges brown, **WITHOUT** flipping. Flipping your sunny side up egg turns it into an over easy egg. The yolk is runny, and depending on how long you fry it, the albumen is completely or partially set. We refer to these as runny or “dipping” eggs. The runny yolk is great for dipping toast into.



### Over Easy

Eggs over easy and sunny side up are often using interchangeably, but they are different. You go from sunny side up to over easy by simply flipping your egg when the edges are brown. The “easy” doesn’t refer to the simplicity of turning over an egg, but the state of your yolk. “Over easy” means the egg is flipped and cooked just long enough to make a film on the top of the yolk. When served, the yolk – and some of the whites – are still runny.

### Over Medium

Over medium is the next step after easy: they’re fried, flipped, and fried a little longer, enough to cook the whites through and brown the edges slightly. You’ll develop a thicker film on your yolk, but the inside is still runny. Good for those like the dipping quality without a watery egg white.



### Over Hard

And over hard is the final step. Over hard is fried, flipped, and fried again – usually with the yolk broken – until both the white and the yolk are completely cooked. Just tap the edge of your spatula into the yolk or poke it with a fork before turning it over. Be careful not to dribble the yolk when flipping.

## OTHER INFO ABOUT EGGS

Eggs perform different jobs in different foods. These include:

- a. **Binder:** To help hold things together that wouldn't otherwise stick together  
Example: Meatloaf
- b. **Thickener:** To help things become more thick.  
Example: Pudding
- c. **Coating:** To help cover things in something.  
Example: Breading on Chicken
- d. **Leavening Agent:** To help things rise and not just lay flat.  
Example: Angel Food Cake
- e. **Emulsifier:** To help combine two ingredients that otherwise wouldn't combine (like oil and water) Example: Mayonnaise

Eggs are TOUGHENED or cooked by HEAT or by long exposure to heat.

Store eggs in the original container in the REFRIGERATOR.

Eggs have an expiration date printed on the carton. They usually last SEVERAL WEEKS.