



a series of guides on how to prepare the perfect breakfast meal

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"This recipe is certainly silly. It says to separate the eggs, but it doesn't say how far to separate them."

— Gracie Allen



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# foreggword

As a globally recognized food, the egg is truly a master of versatility. Able to be paired with nearly anything, you'll never run out of possible dishes when there's an egg involved.

This book exists to help start your egg-cooking journey with various different methods of preparing an egg. Don't worry—every recipe in this book is able to stand alone. But creativity is encouraged! Build your own dishes; you'll be surprised at what you'll be able to make!

– Daniel Hopps, the Eggman

# fried eggs

## over-easy egg

Easy to prepare, the over-easy can also be turned into over-medium or overhard by simply cooking it for a bit longer.

- Total time to cook Active time cooking
- 5 Minutes

### 5 Minutes

### Ingredients

- 2 eggs (the fresher the better)
- 1 tablespoon unsalted butter
- Salt and pepper

### **Directions**

Heat a small non-stick skillet over low heat and add butter. As soon as the butter stops foaming, crack the eggs into the pan. Lift the handle about an inch so that the eggs pool in the far corner of the pan. Hold for 30 seconds or until the whites start to set, then lower the handle and give the pan a jiggle just to make sure there's no sticking. Season with a pinch of salt and pepper and continue to cook over low heat until the whites become opaque. Jiggle to loosen the eggs, then lift the pan, holding it about a foot above the heat. Now, flip the eggs over by pushing the pan away and snapping upward simultaneously. Once the eggs start their somersault, raise the pan to meet them so that the exposed yolks experience the softest landing possible. The goal of course is to avoid breaking the yolks. If you succeed, count to 10 slowly then flip the eggs again, slide them onto a plate and serve. If the yolks do break, act like you meant them to, fry for another minute and serve.





# sunny-side-up egg

Iconic and time-worn, the sunnyside egg is a staple of any breakfast. Good with toast or on its own, the runny yolk will always make for a memorable first meal of the day.

- *Total time to cook Active time cooking*
- 15 Minutes 5 Minutes

### Ingredients

- 1 teaspoon olive oil
- 2 large eggs
- Toast, for serving, optional
- Kosher salt and freshly ground black pepper

### Directions

Heat the oil in a medium non-stick skillet over low heat until slightly shimmering, about 5 minutes. Crack an egg into a small ramekin and slowly add it to the skillet; repeat with the other egg, adding it to the other side of the skillet. Cover with a tight lid and cook, uninterrupted, until the whites are completely set but the yolks are still runny, 2 to 2 ½ minutes. Slide the eggs out of the skillet onto a plate or toast. Season with salt and pepper.

# cloud egg

Move over poached and so long over-easy -- there's an even happier way to eat eggs. Say hello these nests of puffy whipped egg whites with a sunshine yolk center. Eat them on toast for the perfect start to your day.

Total time to cook	2
Active time cooking	1

- 20 Minutes
- 10 Minutes

### Ingredients

- Nonstick cooking spray
- 4 large eggs
- Kosher salt
- 4 slices buttered brioche toast, for serving

### Directions

Preheat the oven to 350° F. Line a baking sheet with parchment and coat with nonstick cooking spray. Coat 4 small bowls with nonstick cooking spray. Separate the eggs and put the whites into a medium bowl and the yolks in the small bowls (1 yolk per bowl). Add a large pinch of salt to the egg whites and beat with an electric mixer on low speed until stiff peaks form, 2 to 3 minutes. Dollop 4 large spoonfuls of the egg whites onto the prepared baking sheet and make a small well in the middle of each with the back of a spoon. Bake the whites until they are firm, no longer wet and just beginning to turn brown, about 6 minutes. Gently pour 1 yolk into the well of each white. Bake until the edges of the yolk just start to set while still being runny, 3 to 4 minutes. Season with salt.





# egg-in-a-basket

Also called "eggs-in-a-hole", "birds nest," "eggs-in-ablanket" or "frog-in-a-hole", this fun breakfast fave was served up to my kids on their first day of school. With less than 5 ingredients, it's an easy and stress-free dish to cook up on a school day.

*Total time to cook Active time cooking*  10 Minutes 5 Minutes

### Ingredients

- 4 slices toast
- 4 large eggs
- 4 teaspoons unsalted butter
- 4 slices low fat Swiss cheese
- Salt and pepper, to taste

### Directions

Create out a hole in the center of each slice of bread—the rim of a wine glass works well. Spread ½ teaspoon of butter on each side of each slice of bread. Place buttered bread on a nonstick griddle or skillet sprayed with cooking spray. Let bread toast for 1 to 2 minutes over medium heat. Crack egg into each hole and let cook for 3 to 4 minutes or until egg is set. Flip bread over carefully and let cook an additional 3 to 4 minutes. Sprinkle with salt and pepper to taste. Place a slice of cheese over each slice of bread and cook an additional 1 to 2 minutes or until cheese is melted.

# boiled eggs

2

# hard-boiled egg

A classic snack, easily prepared and kept for a later date. Good for packed lunches or a midday snack.

- *Total time to cook Active time cooking*
- 10 Minutes 5 Minutes

### Ingredients

• 1 dozen eggs

### Directions

Let eggs stand at room temperature for 20 minutes before cooking to eliminate the chill from the refrigerator. Cook 1 dozen eggs or less at one time for more even cooking. Place your eggs in a pot and cover with cold water by 1 inch. Bring to a boil over medium-high heat, then cover, remove from the heat and set aside 8 to 10 minutes. Drain, cool in ice water and peel.





# soft-boiled egg

A boiled egg with a soft yolk. Excellent for a quick snack, a sandwich, or a salad.

- *Total time to cook Active time cooking*
- 5 Minutes
- 2 Minutes

### Ingredients

1 dozen eggs

### **Directions:**

Let eggs stand at room temperature for 20 minutes before cooking to eliminate the chill from the refrigerator. Cook 1 dozen eggs or less at one time for more even cooking. Bring a pot of water to a boil over high heat. Reduce the heat to low, then add your eggs and cook 4 to 5 minutes. Drain, cool in ice water and peel.

# deviled egg

A more involved recipe, great for dinner parties!

Total time to cook	
Active time cooking	

35 Minutes20 Minutes

### Ingredients

- 6 eggs
- ¼ cup mayonnaise
- 1 teaspoon white vinegar
- 1 teaspoon yellow mustard
- 1⁄8 teaspoon salt
- Freshly ground black pepper
- Smoked Spanish paprika, for garnish

### Directions

Place eggs in a single layer in a saucepan and cover with enough water that there's 1 ½ inches of water above the eggs. Heat on high until water begins to boil, then cover, turn the heat to low, and cook for 1 minute. Remove from heat and leave covered for 14 minutes, then rinse under cold water continuously for 1 minute. Crack egg shells and carefully peel under cool running water. Gently dry with paper towels. Slice the eggs in half lengthwise, removing yolks to a medium bowl, and placing the whites on a serving platter. Mash the yolks into a fine crumble using a fork. Add mayonnaise, vinegar, mustard, salt, and pepper, and mix well. Evenly disperse heaping teaspoons of the yolk mixture into the egg whites. Sprinkle with paprika and serve.





# poached egg

Softer than a regular boiled egg, this recipe allows for a runny egg that's good to enjoy on toast or on its own.

- *Total time to cook Active time cooking*
- 5 Minutes
  - 5 Minutes

### Ingredients

- Water
- 1 tablespoon white wine vinegar
- 4 large whole eggs

### Directions

Pour enough water into a 10-inch nonstick skillet to measure no less than 1 ½-inches, place over high heat, and bring to 190° F. Add the vinegar. Gently crack each egg into a custard cup. Lower each cup into the water until it touches bottom and gently pour in the egg. Cook for 4 1⁄2 minutes, adjusting the heat to maintain the temperature. Remove the eggs with a slotted spoon, 1 at a time, to a tea towel lined plate. Trim the edges of the white with the side of a spoon and serve immediately. Eggs may be stored in ice water in the refrigerator for up to 8 hours. Reheat in hot water for 1 minute before serving.

# scrambled eggs

# hard scrambled egg

A staple of many breakfasts, this quick and easy recipe will give you eggs that can go on anything or are easily enjoyed on their own.

- *Total time to cook Active time cooking*
- 8 Minutes3 Minutes

### Ingredients

- 3 large eggs
- 4 tablespoons unsalted butter
- Pinch kosher salt
- Fresh chives, for garnish
- Extra-virgin olive oil, for drizzling

### Directions

Crack the eggs into a large bowl and whisk together until light and airy. Melt the butter in a medium skillet over low heat. Add the eggs to the pan and wait about 10 seconds for them to start to set up. Swirl them with a rubber spatula to create soft curds. Season with salt and continue swirling until the curds are set but still a little wet. Garnish with chives, and drizzle with extra-virgin olive oil. As a suggestion, serve with roasted tomatoes and peasant bread.





# soft scrambled egg

This recipe produces moist scrambled eggs with mediumsized curds. Soft and runny, these eggs go fantastically on toast if used as a spread.

Total time to cook Active time cooking

Minutes 5

5 Minutes

### Ingredients

- 3 large eggs, beaten
- 1/8 teaspoon kosher salt
- 2 tablespoons (30ml) milk
- 1/2 tablespoon (7g) unsalted butter
- Freshly ground black or white pepper

### Directions

In a small bowl, beat eggs with salt and milk until no visible egg whites remain. In a small non-stick skillet, combine beaten eggs with butter. Set over medium heat and cook, stirring with a silicone spatula, until eggs are moist and just beginning to set. Remove from heat and continue to cook, stirring, until eggs have just set into soft curds; return to heat briefly if needed to cook slightly more. Season with pepper and serve right away.



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# indegg

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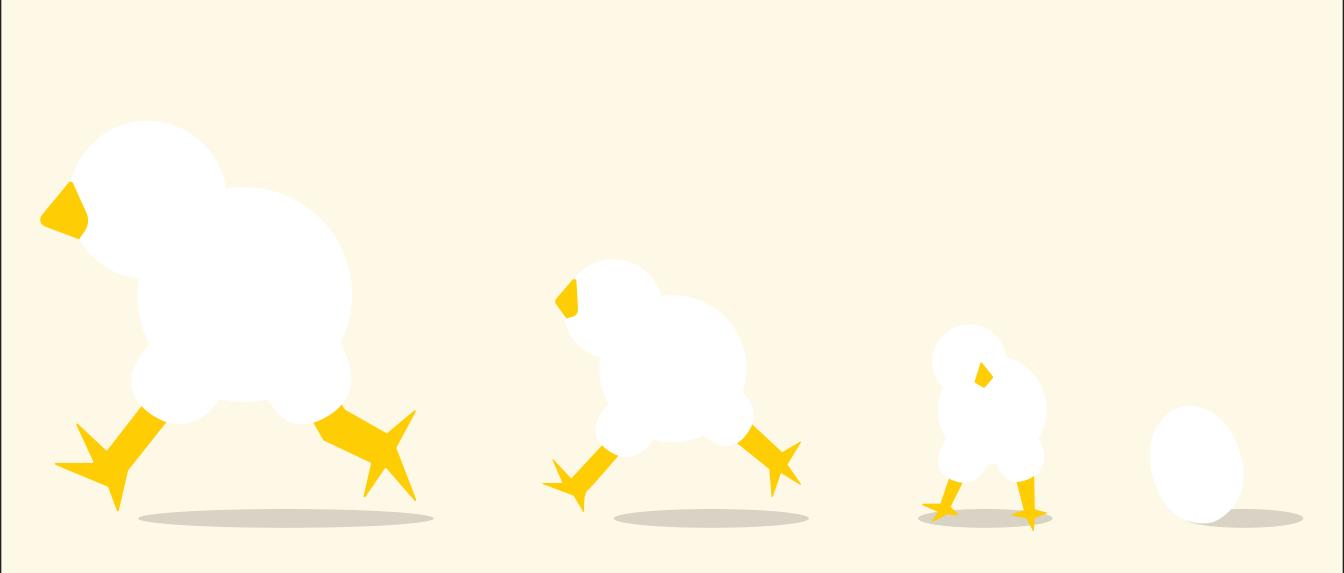
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What came first, the chicken or the egg?

In this book, the eggs come first—inside are 10 methods of egg preparation that'll help you create the perfect meal.

