



Fluffy Scrambled Eggs

Preparation Time: 2 mins

Cooking Time: 1-2 mins

Makes: 2

Difficulty: Too Easy

INGREDIENTS

4 Organic free range is best (fresher the better)
4 teaspoons of water
Sea salt and pepper
Butter

Note

- 2 tablespoons of milk can be substituted for the water if you really believe milk is best.
- Or, alternatively, for a less watered-down effect, add ½ teaspoon of sour cream or cream per egg.

DIRECTIONS

1. Whisk the eggs in a bowl. Add 1 teaspoon of water per egg and whisk until combined.
2. Heat a nonstick pan (smaller is better) on medium-low heat. Add a small amount of butter, tilt to spread and coat the pan with melted butter.
3. Remove the pan from the heat and add the eggs.
4. Put back on the stove, wait 5 seconds for the eggs to create a base.
5. Using a silicon spatula, using long gentle strokes from the edge of the pan, push to the middle, rotating the pan as you go and piling on top. The runny egg will spread out, then repeat.
6. Add a couple of small slices of butter, gently folding in.
7. When the eggs look creamy and custardy, remove from the heat. There should be no uncooked egg and removing it from the heat ensures the egg does not overcook.

Adding Cheese Note

Some people like to add cheese. Choose cheeses such as muenster, gruyere, provolone, Monterey jack, cheddar, goats cheese, etc.

Gently fold into the egg mix, before adding to the pan.

Serve

Serve on toasted artisan bread, such as sourdough, ciabatta, etc. Season with salt and pepper.

Add shaken potatoes as a side, sautéed vegetables such as mushrooms, onions, and peppers/capsicum. Another option is to fold in spinach with the eggs.