

5 Successful Ways to Make Eggs Easily and Quickly

Eggs are perishable and careful handling is critical. At store, open carton to check that eggs are clean and free of cracks. Refrigerate eggs in original carton on a cold, inside shelf. Shelled eggs are good for 3-4 weeks after purchase. When cooking, wash all surfaces, utensils, and skin with warm, soapy water before and after touching eggs.

1. Make hard-cooked eggs.

Place eggs in a pan large enough to hold in a single layer. Add cold water to cover eggs by 1 inch. Heat on high just to boiling. Remove from stove; cover. Let eggs stand in hot water about 12 minutes for medium, 15 minutes for large, and 18 minutes for extra large eggs. Drain immediately and serve warm. Or cool completely under cold water and refrigerate.

2. Make scrambled eggs.

Beat 2 whole eggs with 1/2 cup milk, plus salt and pepper to taste. Heat 1 tsp. butter or oil in a non-stick skillet over medium heat until hot; pour in egg mixture. As eggs begin to set, gently pull across pan with spatula, forming soft curds. Continue pulling, lifting and folding eggs until thickened with no visible liquid egg. Remove from heat; serve hot.

3. Make fried eggs.

For over-easy or over-hard eggs: Heat 2 tsp. butter in nonstick skillet over medium-high heat until hot. Break eggs and slip into pan, 1 at a time. Immediately reduce heat to low. Cook slowly until whites are set and yolks begin to thicken but are not hard. Carefully flip with spatula. Cook second side to desired doneness. Salt and pepper to taste; serve.

4. Make poached eggs.

Boil 2-3 inches water in a large pan or deep skillet. Adjust heat to maintain water at a gentle simmer. Break eggs, 1 at a time, into a small dish or cup. Holding dish close to surface, slip eggs into water. Cook until whites are set and yolks begin to thicken but are not hard, 3-5 minutes. Do not stir. Lift eggs from water with a slotted spoon. Drain gently and serve hot.

5. Make French toast.

Beat 4 eggs, 3 Tbsp. milk, and a dash of nutmeg in a shallow dish until blended. Soak 4 slices bread (1 at a time) in egg mixture, turning once, letting stand about 1 minute per side. Heat lightly greased nonstick skillet on high until hot. Add bread; reduce heat to medium. Cook until golden brown with no visible liquid, 2-3 minutes per side. Serve.

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