

## EGGS LAB: MAKING PERFECT HARD & SOFT BOILED EGGS

☆ *Eat as is, add to salads, soups, sandwiches, breakfast burritos or pizzas or make deviled eggs or pickled eggs, or ... what else could you add your eggs to?*

1. Find 2 eggs **without any cracks** and place **very gently** into a small saucepan, covering with cold water. NO part of the egg should be above the water line; they must be completely submerged!

➔ **IF** using an electric stove, put a cover on the pan. If using gas, cook uncovered until water boils. ← **(BOILING = BIG BUBBLES & LOTS OF MOVEMENT)**

2. Bring water to a boil, **gently rolling the eggs around from time to time with a spoon**. As soon as water boils, remove pan from heat, **cover** and set your timer for 4 minutes.

Soft boiled eggs - 4 minutes

Hard boiled eggs - 13 minutes

3. After 4 minutes, remove egg and put into a bowl of cold water. **IMMEDIATELY** re-set your timer to 9 minutes for your hard-boiled egg. After about a



minute (when you can handle them), wipe dry and peel your 4-minute egg by tapping shell with spoon to crack, finding the air pocket to start from for easiest peeling.



4. When your 9-minute timer goes off, repeat removal, cooling and peeling instructions. Cut peeled eggs in half and plate to present.



# Healthy Scrambled Eggs

## INGREDIENTS

### WHISK TOGETHER:

- 2 large eggs
- pinch of fine sea salt
- pinch of ground white pepper
- about 1 tsp dried herbs or spices (optional)



### FOR COOKING:

- 1 tsp butter
- 2-4 tsps olive OR veg. oil



### PRE-COOK - THEN ADD IN:

- about ¼ - ½ cup - cooked - chopped fresh veggies
- 1-2 TBSPs chopped or snipped fresh herbs (optional)
- 1TBSP extra sharp cheddar, feta, asiago or other cheese



## PREPARATION

1. **PREP your veggies.** Heat a small heavy-bottomed nonstick skillet/frying pan over medium-low heat for about 30-40 seconds to 1 minute, then add 1 tsp of the oil. **Pre cook any add-in veggies** - cook until caramelized (browned) on medium/high heat.
2. **While veggies are cooking**, crack the eggs into a mixing bowl and whisk them **briskly** until they turn a pale yellow color and you don't see any bits of egg whites. Whisk well until eggs are light and foamy!. Add salt, pepper and dried herbs, if using.
3. **Now add** the butter & 1 tsp of oil into the pre-heated pan (it should be hot enough to make a drop of water hiss), let the butter melt and bubble, then pour the eggs right into the middle of the pan. **Don't stir right away, just tilt pan so eggs spread to edges!**  
★Let the eggs start to set up a bit.
4. **NOW** - with a heat-resistant rubber spatula, **gently push** one edge of the egg into the center of the pan, while tilting the pan to allow the still liquid egg to flow in underneath. Repeat with the other edges, until there's just a bit of liquid left. **The eggs should still look "wet"!** **REMOVE pan from heat.** **Fold in cheese or fresh herbs if you are using them** and continue gently folding and turning the egg until all the uncooked parts become firm. Don't break up the egg into little bits, though.  
Try to keep the curds as large as possible.
5. Transfer to a warmed plate when the eggs are set but still moist and soft. Eggs are delicate, so they'll continue to cook for a few moments, even after they're on the plate.



# How to Make an Omelet: Three Variations

*Omelets made with fresh, organic eggs and your choice of lean meats, seafood, fresh vegetables and (harder) cheeses are perfect for a quick and nutritious breakfast, lunch or supper. Though the style and the filling of an omelet may differ greatly with region and personal preference, the basic premise for preparing and cooking omelets is the same. Once you have mastered the fundamentals, you'll be able to get creative and come up with endless combinations!.*



➤ *For best results, omelets should be cooked just before serving* ◀

## THE OMELET PAN

Gourmet chefs suggest using a heavy-gauge pan, six to eight inches across, with a thick bottom and sloped sides and a long handle like a skillet. Chefs also suggest reserving the pan for this one purpose, never washing it in soapy water, but instead rubbing it with a soft paper towel and some salt.

### **Oiling the Pan**

It is important for a successful omelet that the pan is well-greased and that the grease is the right temperature. Use one tablespoon of oil or butter to grease the pan and have all your fillings, spices and omelet eaters ready once you begin. Tilt the pan to coat the bottom and sides well with the grease. Then let the butter get hot enough so that the eggs begin to cook immediately when added. A small spoonful of egg can be dripped into the butter to test for the right heat. Do not allow the butter or oil to brown or burn.

## 3 BASIC TYPES

**FLAT** – The flat omelet is very thin, like a large pancake, and rolled.

**CLASSIC FRENCH-STYLE** – is a folded (rolled) omelet

**SOUFFLE** - The soufflé omelet is made by separating the egg whites and yolks. The whites are whipped and then the yolks are folded in, resulting in a light and fluffy omelet.

## ➤ PREPARING FILLINGS

Since the omelet will only cook for one to two minutes, all filling meats should be precooked, drained and ready.

➤ The cheese should be grated, and all vegetables should be chopped and sautéed if desired.

➤ A two-egg omelet can hold ¼ cup of filling. Some cooks reserve a tablespoon or two to use as a garnish. Have salt and pepper ready at hand.

## **SOUFFLE OMELETS**

**Soufflé Omelets** are made by separating the egg whites and yolks and beating the egg whites until stiff.

- You will separate the eggs and beat the whites until stiff. Then fold in the yolks after lightly beating them with a fork.
- Add the yolk and fold it gently into the whites. Add salt, pepper and any desired herbs. Spoon the mixture into the hot butter in the pan.
- Allow the bottom side to cook and add fillings before folding the top of this fluffy omelet over itself. Move the omelet up against the side of the hot pan and allow it to cook.
- Flip the omelet over with a pancake turner. (OR cover w/lid) and cook a short time. The center will still be soft and fluffy. Serve immediately.

## **OTHER FOLDED (FLAT) OMELETS:**

A folded omelet has 2 tablespoons of milk or cream added for every two eggs. The texture is a little easier to work with since it doesn't require the shaking and stirring.

- Melt butter in the pan and when it is hot add ¼ cup of egg batter to the butter. Use a pancake turner to lift the omelet and tilt the pan so that excess egg will run over to make a round in the pan.
- After the omelet is partially cooked, add the filling to one side of the center of the circle. Use the turner to flip one side of the circle over the filling, forming a half-moon shape.
- When the omelet has browned as you like it, flip to the other side. Brown and then slide out of the pan onto a plate.

- **Preparing the Egg Mixture** -- If cooking more than one omelet, beat all the eggs together in one bowl.

## **FRENCH (ROLLED) OMELETS:**

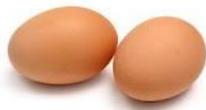
- Beat the eggs only enough to blend yolks and whites thoroughly.
- Add any herbs or meats and spices that you want directly to the egg mixture or add as a filling.
- Heat butter in the pan. Tilt the pan to coat it. When the butter is hot, but not brown, add about ¼ cup of egg mixture to the pan. Take the handle of the pan with your left hand and begin to shake the eggs back and forth. Use a table fork to stir the eggs gently.
- When the eggs begin to set firmly on the bottom and are like custard on top, begin to shape the eggs into a circle and spread them out.
- Add filling and then, tilting the pan away from you, use the back of the fork to roll the omelet down over one third of itself. Then tilt the pan the opposite way and fold the omelet back over from the other side. The seam should be on top.
- Let it cook a few seconds and then turn over to firmly cook the seam. Then turn the omelet out onto the plate. Garnish and serve.



# FOLDED (FLAT) OMELETS

## INGREDIENTS

- 2 eggs
- s/p - pinch or 2 of each (to taste)
- pinch other dried spices - to taste
- 1 tsp butter
- 2 tsps olive oil



← OR 2 tsps oil



## add-ins:

- fresh, chopped herbs (1-2 tsps)
- cheese(s) of choice - 1 TBSP
- pre-cooked veggies of choice - no more than ½ cup total (cooked)



## PREPARATION

### 1. PRE-COOK ANY VEGGIE ADD-INS, REMOVE & SET ASIDE

2. **KEEP HEAT LOW! -3 OR 4 - HEAT** pan for 30 seconds or so, then add the oil and when it is hot **YOUR WHISKED** eggs. Use a pancake turner to lift the omelet and tilt the pan so that excess egg will run over to make a round in the pan. Keep doing this, pushing in a little from the edge and letting egg fill in underneath.



3. After there is not enough liquid to do that, add your cheese, herbs and/or veggies to one side of the center of the circle. Use the turner to flip the other side of the circle over the filling, forming a half-moon shape. Place the butter so that it will

melt under the folded omelette.

4. Cover with pan lid, **turn heat down** a notch and let cook for **about 1 minute** until omelette puffs up a bit. Remove lid and slide omelette onto plate!



# ***How to Make the Perfect Poached Egg ...***

***Excerpt from an article by chef Sara Moulton***

*Sara Moulton was executive chef at Gourmet magazine for nearly 25 years, and spent a decade hosting several Food Network shows. She currently stars in public television's "Sara's Weeknight Meals" and has written three cookbooks, including "Sara Moulton's Everyday Family Dinners."*

## ***Lyonnais-Style Salad With Smoked Salmon***

### **INGREDIENTS:**

- frisee or other greens
- eggs
- smoked salmon – OR lox
- lemon-dijon vinaigrette (with bits of bacon)
- whole grain croutons (optional)



### **PREPARATION**

1. Recently, I've learned a simple way to solve that problem: lose the watery whites. Just place your raw egg in a fine mesh strainer, tip the strainer around (which helps to separate the thin part of the white from the thick part), then bang it hard several times against the edge of the bowl. The thinner part of the egg white will fall through the strainer. Discard it and your eggs are ready for poaching without fear of spider legs.
2. Bring a pot of water to a boil, turn it off, add the strained eggs, cover the pot, and let the eggs cook, off the heat, until they are just done. Behold the perfect little bulls-eyed ovals.
3. The rest of the salad is very straightforward: frisee or your choice of greens, a bacon-rich vinaigrette, croutons, and smoked salmon, which turns this delicious appetizer into a main dish. In the words of my favorite Francophile, Ms. Julia Child, "Bon appetit!"



# FRITTATA - 1

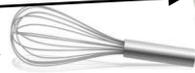
Use this basic veggie frittata as a sort of template - pick your favorite veggies and cheeses...just stick to the basic technique. This recipe is for an 8" skillet and serves 4. For an individual frittata, use a 4-6" skillet (frying pan) and 6 eggs, a bit less milk and cream and cut add-ins in half.

## MIXED VEGGIE & CHEESE:

### INGREDIENTS

- 8 large eggs 
- 3 TBSPs non-fat (skim) or 1% milk 
- 1 TBSP light cream or half & half 
- ½ tsp sea salt AND ½ tsp finely ground pepper 
- 1 tsp Herbs du Provence OR Italian herb blend, Badia Complete Seasoning or Mrs. Dash .... or .... spice blend of your choice 
- ★ **NOTE: If you use an herb blend that already has salt in it, cut the salt to ¼ tsp!** ★
- 2 cups (cooked) total of chopped veggies OR baby spinach and/or kale (zucchini, red peppers, mushrooms, onions, etc)
- about ¼ - ½ cup finely chopped scallions or fresh herbs
- (about) 2 TBSPs olive oil
- 1 TBSP butter
- ½ cup grated cheeses --- Parmegiana-Regianno (OR Grana Padano OR Asiago) cheese, extra sharp cheddar cheese, Swiss, provolone, crumbled blue or feta or gorgonzola....

### MATERIALS

- large mixing bowl (with spout works best) 
- measuring cups 
- knife & cutting board 
- whisk 
- any type of grater for cheese 
- medium skillet/sauté pan (8"-10") \* 
- thin spatula (stainless steel is best, but not for non-stick) 
- sheet pan to put frittata on while in the oven 

\* - The best kind is the kind (like Calphalon, Cuisinart, etc) that can be put into the oven. Cast iron is great, but requires some fussing and care at least at first.

# BASIC FRITATTA PREP

## PREPARATION:

1. Preheat oven to 400 °, place a sheet pan big enough to place your skillet on into the oven. Brush a 8-10-inch non-stick, **oven safe** sauté pan or skillet with olive oil. In medium size bowl (with spout), whisk eggs, milk, salt, pepper and dried herbs or spices together briskly for about 3-4 minutes. White and yolk should be completely blended and eggs should be just a bit frothy.



2. Add half of the butter to the pan, heat over medium (5) heat until it just begins to bubble, then sauté your veggies for about 4-5 minutes on medium/high heat until soft. **Immediately** pour egg mixture gently into the pan (**going around the pan - do NOT just dump it into one spot**). Now sprinkle the cheese, herbs and scallions evenly over the top. **TURN HEAT DOWN TO MED/LOW!** Cook for about 4-6 minutes, **OR** until the egg mixture has set on the bottom and is **beginning to set up (harden) around the top edges, about an inch in towards the center of the pan.**



3. **VERY CAREFULLY**, place the pan onto the sheet pan on the top shelf of your pre-heated oven and bake for about 10 minutes OR until lightly browned, firm and puffed up. (It shouldn't "jiggle" at all in the middle!) Remove **carefully** from the oven and let cool for a minute before cutting. You can either slide the frittata onto a plate or cut it in the pan (into triangles, like you're cutting a pie or a pizza) using an ordinary butter knife. You'll get either 4 huge pieces, 6 average sized, or 8 smaller servings.



# FRITTATAS

*There are so many possible combinations..here are some of my favorites.  
16 eggs, ¼ cup milk, salt and pepper to taste and 1 cup of cheese make  
a gloriously thick, puffy frittata to serve 8 in a large (12"), deep skillet.*

## SOME FAVORITE COMBINATIONS:

### POTATO CRUSTED MIXED VEGGIE:

1. Sauté chopped sweet onion ( ½ med), sweet red peppers ( ½ ) and zucchini (1 whole-small) in about 2 TBSPs olive oil until soft...remove from pan and set aside...
2. Brush the pan with another 2 TBSPs olive oil - sprinkle with salt and pepper ...heat pan on medium/high for about 1 minute and carefully line pan with ultra thin slices of Yukon Gold or red potatoes (unpeeled). Cook for a couple of minutes until potatoes start to crisp up...
3. Add the sautéed veggies evenly over the bottom of the pan, cover with ½ cup shredded Italian cheese blend, carefully pour in the egg mixture, then top with remaining ½ cup of cheese and 1 TBSP finely chopped flat leaf parsley and 1 tsp finely chopped thyme.

### RICOTTA-SPINACH & SCALLIONS:

1. Whisk 1 cup of part skim ricotta cheese into the egg mixture... spray pan with olive oil spray, then sauté about ½ cup chopped scallions (the white ends) in 1 TBSP olive oil for just a minute or two...
2. Crumble about 1TBSP butter into little pieces and spread over bottom of pan and lay down about 2 cups loosely packed baby spinach. Top with ½ cup freshly grated good quality parmesan cheese.
3. Carefully pour in the egg mixture, add the green end of the scallions (1/2 cup, finely chopped), then top with remaining parmesan. Sprinkle top with a pinch or 2 of white pepper and a pinch or 2 freshly ground nutmeg.

### CRABMEAT SPECIAL:

1. Whisk 1 cup of low-fat whipped cream cheese into the egg mixture... also whisk in 1 tsp each finely chopped tarragon leaves and dill...
2. Mix together 2 cups crabmeat, ¼ cup shredded Gruyere and ¼ cup parmesan - set aside. Spray pan with canola oil spray and sauté 3 finely chopped shallots in about 1 TBSP unsalted butter until soft.
3. Spray pan with a bit more canola oil, then lay down 1 layer baby spinach leaves & spread crabmeat mixture over that. Carefully pour in the egg mixture, then top with ¼ cup each shredded Gruyere and parmesan and 1 tsp finely chopped tarragon leaves.
4. KICK-IT-UP-A-NOTCH OPTION: After the bottom of the frittata has begun to set, drop in lobster medallions and add the 2<sup>nd</sup> ½ cup of the shredded cheeses now, sprinkle with tarragon and finish cooking.