How to Scramble Eggs

Introduction: Scrambled eggs are delicious plain or when mixed with other ingredients. Properly scrambled eggs have a delicate flavor, which can be enhanced by combining them with vegetables, such as green or red peppers, onions, broccoli, tomatoes, and mushrooms; herbs, such as basil or chives; protein ingredients, such as cheese, bacon, or sausage pieces; or toppings, such as a zesty tomato salsa or guacamole.

Objectives: You will be able to:

- Explain how to scramble eggs.
- Discuss the guidelines to follow for scrambling eggs.
- Identify ways to vary scrambled egg recipes.
- Demonstrate how to scramble eggs and serve them.

Cooking Process:

- <u>Beat</u> eggs and milk until well blended. Use 1T of liquid per egg. Note that too much liquid can cause the eggs to be watery.
- Heat a small amount of <u>fat</u> on low in a skillet. Use butter, margarine or cooking spray to coat the skillet before you start to heat it.
- Pour the egg mixture into the <u>skillet</u>.
- As the mixture starts to thicken, use a <u>rubber spatula</u> gently through the eggs. This process forms large, fluffy eggs and allows uncooked egg to flow to the bottom of the skillet.
- Continue this process until the eggs are thickened and no visible <u>liquid</u> remains. Avoid stirring constantly. The finished eggs will be <u>light</u> and <u>fluffy</u>.

Just the Facts:

- **High in protein.**
- **Limit egg yolks you eat they are high in cholesterol.**
- **Eggs can be cooked several ways; frying, poaching, cooking in the shell.**

Breakfast Burrito Recipe Worksheet

Kitchen # _____   Period _____

1. What food groups are represented in the Breakfast Burrito?

   Grains, protein, dairy, vegetables, fruit.

2. What utensils did you use to complete this recipe?

   See food lab planning form.

3. List one guideline to follow when cooking scrambled eggs.

   Avoid stirring constantly when scrambling.

4. What would happen to the eggs if you cooked them on high heat?

   They would burn and become dry and overcooked.