

THE PERFECT SCRAMBLED EGGS

(SERVES 1)

EQUIPMENT

SMALL MIXING BOWL, WHISK, SPATULA, MEDIUM SIZE FRY PAN

INGREDIENTS

3 MEDIUM SIZE FREE RANGE EGGS, 60ML CREAM, SALT AND WHITE PEPPER,
20GM BUTTER, SMALL SPLASH OF OLIVE OIL

METHOD

CRACK EGGS INTO MIXING BOWL, ADD CREAM, SALT AND PEPPER AND WHISK TO COMBINE

HEAT THE SAUCEPAN OVER A MEDIUM/HIGH HEAT AND WAIT UNTIL IT IS HOT THEN TURN THE SAUCE PAN DOWN TO THE LOWEST SETTING YOU CAN GET

ADD OLIVE OIL AND BUTTER AND WARM THE BUTTER UNTIL IT'S ALMOST ALL MELTED

POUR IN YOUR EGG MIX AND WORK THE MIX WITH THE SPATULA SCRAPING THE SIDES AND BOTTOM TOWARDS THE MIDDLE OF THE PAN.

COOK UNTIL JUST SET BUT STILL SLIGHTLY WET.

PLACE INTO BOWL, SPRINKLE SOME FLAKE SALT AND ENJOY!!!

HINTS & TIPS

TRY TO HAVE YOUR EGGS AT ROOM TEMPERATURE WHEN MAKING YOUR MIX AND COOKING, THIS WILL PREVENT THE MIX "SEEPING" ONCE COOKED.

- COOK EGGS GENTLY, LOWER HEAT WILL ALWAYS GIVE A BETTER RESULT.

- UNDERCOOK YOUR SCRAMBLES, BY THE TIME YOU GET YOUR TOAST AND OTHER ACCOMPANIMENTS THE PAN WILL HAVE STAYED HOT ENOUGH TO KEEP COOKING THEM AND THEY WILL BE PERFECT.