

Perfect Scrambled Eggs



Recipe courtesy of Alton Brown
From: Food Network Magazine

Total: 10 min
Prep: 5 min
Cook: 5 min
Level: Easy

Ingredients

My Private Notes

Directions

Whisk the eggs: Whisk 3 large eggs, 1 pinch of kosher salt, 1 grind of black pepper and 3 tablespoons whole milk together until light and foamy.

TIP: Odds are you're going to be serving these on a plate. If so, I strongly suggest you park an oven-safe one in a low oven or in hot water while you're cooking. Cold plates suck the heat right out of food.

Add to the pan: Add 1 tablespoon unsalted butter to a 10-to-12-inch nonstick skillet and put it over high heat. When the butter bubbles (after about a minute), pour the eggs straight into the middle of the pan, which will force the butter to the edges, where it's needed.

Scramble the eggs: Stir slowly with a rubber or silicone spatula. As soon as curds (big soft lumps) of eggs begin to form, drop the heat to low and shift from stirring to folding the curds over on themselves while gently shaking the pan with the other hand.

Let rest: As soon as no more liquidous egg is running around the pan, kill the heat and gently transfer the scramble to the warmed plate. Let the eggs rest for 1 minute to finish cooking before serving.

Photograph by David Malosh

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