HOW TO MAKE EGGCELLENT EGGS

Thank you for joining the Goldring Center for Culinary Medicine's Chef Instructors for this session demonstrating how to cook five-star, restaurant quality eggs at home.

Follow these step-by-step instructions to learn the techniques that Chefs use to create perfect scrambled, fried, poached, and hard-boiled eggs. You'll also learn how to make beautiful and classic French and American Omelets. No matter how you like your eggs, we've got you covered!

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THE PERFECT SCRAMBLED

Pro Tip: Medium-low heat is the key to the fluffy, creamy, melty texture of these scrambled eggs. We like to serve them when they’re still a little wet, but keep them on the stove for another 15 seconds if you prefer them completely set. Be sure to have a non-stick pan that is scratch free.

WHAT YOU’LL NEED:
- A NON-STICK 8-INCH SKILLET OR EGG PAN
- 1 RUBBER SPATULA
- SMALL WHISK OR FORK
- SMALL BOWL
- SERVING PLATE

1. Crack eggs into a medium mixing bowl and add salt and pepper to taste.

2. Whisk to scramble eggs until well combined. Be sure to incorporate air and that the mixture is well combined. (no spots of whites)

3. Heat the butter or oil over medium-low heat. The trick is to cook scrambled eggs slowly and at a consistent, steady heat.

4. Add the eggs, and allow to cook for a couple of seconds, then begin stirring in small circles that go around the pan in a bigger circle while shaking the pan rapidly with your non-dominant hand.

5. With a rubber spatula, gently push toward the center from all four sides and rotate around the pan in a circular motion. The key here is to keep the eggs in constant motion by shaking the pan and stirring the eggs simultaneously.

6. Continue stirring until there is no more liquid egg in the pan, but before the eggs appear completely dry.

7. Remove the eggs from the pan and serve immediately.

Photos sourced from: https://www.eggs.ca/eggs101/view/5/how-to-make-scrambled-eggs
THE FRENCH OMELETTE

Pro Tip: Use the freshest eggs for a light and fluffy omelette. Be sure to have a non-stick pan that is scratch free - the eggs will not release if there are scratches on the surface. When making a French omelette, you are looking for a very smooth outer exterior with little to browning or cracks.

WHAT YOU’LL NEED:
- NON-STICK 8-INCH SKILLET OR EGG PAN
- 1 RUBBER SPATULA
- NON-FIBROUS NAPKIN OR PAPER TOWEL
- SMALL WHISK OR FORK
- SMALL BOWL
- SERVING PLATE

1. Scramble eggs until well combined. Add salt and pepper to taste or season when scrambling.

2. Melt the butter until foamy but browned or use oil. Most professionals do all the cooking on high heat and create the omelet quickly.

3. Add the egg, and begin stirring rapidly in small circles that go around the pan in a bigger circle while shaking the pan rapidly with your other hand.

4. The method resembles scrambled eggs. The key here is to keep the eggs in constant motion by shaking the pan and stirring the eggs simultaneously.

5. *Stop scrambling when the eggs have become custardy on the top but have set and formed a smooth base layer.

6. Scrape up any wispy edges into the center to have a cleaner edge on the omelet.

Filling of choice can be added into the center of the omelet in a straight line so it will be rolled into the center of the omelet.
To roll the omelet, first fold one-third of the omelet upon itself. Then, grab the plate and finish rolling the omelet onto the plate, with edges underneath. Reshape with a clean towel if needed.

Photos sourced from
The Professional Chef: The Culinary Institute of America 3/31/20
www.seriouseats.com/2016/04/how-to-make-french-omelette.html

Filling options are endless. Try goat or cheddar cheese, sautéed vegetables, or meats, garnished with fresh herbs such as chives or parsley.
THE AMERICAN OMELETTE

Pro Tip: When adding extra ingredients, less is more: The goal is to enhance, not upstage, the eggs. If you're folding in vegetables, be sure to pre-cook them. Just like the French Omelette, be sure to have a non-stick pan that is scratch free - the eggs will not release if there are scratches on the surface.

WHAT YOU'LL NEED:
- Non-stick 8-inch skillet or egg pan
- 1 rubber spatula
- Small whisk or fork
- Small bowl
- Serving plate

BASIC FORMULA
- 3 eggs, scrambled well
- 1 Tbsp olive oil or butter
- Kosher salt to taste
- Black pepper to taste
- Filling of choice

1. Scramble eggs until well combined. Add salt and pepper to taste or season when scrambling.
2. Melt the butter until foamy but browned or use oil. Most professionals do all the cooking on high heat and create the omelet quickly.
3. Add egg, and allow to cook in pan, without stirring. Eggs should set immediately at the edges.
4. With a rubber spatula, gently push toward the center in from all four sides. Allowing the liquid egg to follow underneath the set egg. Continue cooking, tilting pan and gently moving cooked portions as needed.
5. Scrape up any wispy edges into the center to have a cleaner edge on the omelet.
6. Your eggs should now resemble a bright yellow pancake. When top surface of eggs is thickened and no visible liquid remains place filling on one side of the omelette in a straight line.
7. Fold the omelette in half with a rubber spatula, and quickly flip or slide the omelette onto a plate and serve immediately.

Photos sourced from
https://www.incredibleegg.org/recipes/basic-french-omelet/

www.goldringcenter.tulane.edu
THE FRIED EGG: SUNNY SIDE UP STYLE

Pro Tip: Be sure to have a non-stick pan that is scratch free - the eggs will not release if there are scratches on the surface. Crack your eggs into a ramekin or individual bowl to avoid breaking the yolks when they hit the pan and to avoid pieces of shell in the pan.

WHAT YOU’LL NEED:
- Non-stick 8 in skillet/egg pan
- 1 rubber spatula
- Serving plate

1. Crack your eggs into a ramekin or individual bowl.
2. Place pan on medium-low heat and add butter or oil. Be sure to roll the fat around the pan so that it is evenly dispersed. Wait a couple of seconds for oil to become hot until you add the egg to the pan.
3. Let the eggs cook until the egg whites are all set, this will be done when the egg whites turn from translucent to white. You should not need to move the eggs around the pan or press them with a spatula at all. Cook undisturbed. This should take about 2 - 2 1/2 minutes.
4. If you would like to cook the tops of the egg as well to cut time, continue cooking process by placing a lid over your pan to allow the steam to cook the whites. Be sure to watch them carefully - this could cause overcooking to occur within the yolks. This step is not necessary if you leave to eggs to cook on low heat for a longer time uncovered.
5. Slide or gently lift using a plastic or rubber spatula onto plate or atop your dish.

The end result will have fully cooked, opaque whites with no clear or translucent parts. Bright yellow yolks, and when cut into, they should burst and be runny. Season with salt and pepper to taste.

Pro Tip: If your oil begins to pop or spit, that is a sign that the oil is too hot and you should lower the heat. Heat control is crucial to ensure whites toughen but do not become brown at the edges.
**THE FRIED EGG: OVER EASY STYLE**

**Pro Tip:** Be sure to have a non-stick pan that is scratch free - the eggs will not release if there are scratches on the surface.

**WHAT YOU'LL NEED:**
- Non-stick 8 in skillet/egg pan
- 1 rubber spatula
- Small whisk or fork
- Small bowl
- Serving plate

1. Crack your eggs into a ramekin or individual bowl.

2. Place pan on medium-low heat and add butter or oil. Be sure to roll the fat around the pan so that it is evenly dispersed. Wait a couple of seconds for oil to become hot until you add the egg into pan.

3. Let the eggs cook until the egg whites are all set, this will be done when the egg whites turn from translucent to white with time as it sits. You should not need to move the eggs around the pan or press them with a spatula at all. Cook undisturbed. This should take about 2 - 2 1/2 minutes.

4. Using a very thin spatula, gently glide it under the egg and flip. You don’t need to get it all the way under the egg, but make sure it’s under the yolk before you flip.

5. Allow to cook for about 30-40 seconds for over-easy, 1 minute for over medium and so on. Timing may vary depending on the amount of heat in your pan.

6. Gently lift again under the eggs or slide the eggs from the pan to a plate and serve immediately.

Photos sourced from: https://www.eggs.ca/eggs101/view/7/how-to-fry-the-perfect-egg
THE PERFECTLY POACHED EGG

**Pro Tip:** The best method for poaching eggs is to drop them in a swirling vortex of water, which will help to create a more spherical shape as the egg white wraps around itself. If you're cooking more than one poached egg, don't fret about the vortex. The result may not be quite as round, but you can cook several simultaneously.

**WHAT YOU'LL NEED:**
- LARGE POT
- RAMEKINS OR MISE EN PLACE BOWLS FOR CRACKED EGGS
- SLOTTED SPOON OR SMALL FINE MESH STRAINER
- NON-FIBROUS KITCHEN OR PAPER TOWEL
- SERVING PLATE

1. Bring a generous amount of water to a low simmer in a large sauté pan. Add a teaspoon of distilled white vinegar to help the egg whites coagulate. A deep pot will create the classical spherical cooked egg shape.

2. Crack one egg into a ramekin or another small dish. This will help you pour the egg into the hot liquid. Check for shells.

3. Gently ease the egg into the simmering water, starting near one edge of the pan. Repeat with the remaining eggs. Keep track of the order in which you added the eggs.

4. Gently simmer the eggs, using a slotted spoon to keep them separated, for 3 minutes if you like runny yolks or 5 minutes if you prefer the yolks more set and hard.

5. Using the slotted spoon, gently scoop out the first egg you put into the water, blot it on a towel and transfer it to a cutting board or plate. Repeat with the remaining eggs and serve immediately.

6. Alternatively, if making the poached eggs for meal prep or ahead of time, transfer the cooked poached eggs to an ice water bath and refrigerate for a couple of days.

When ready to serve, add boiling water to a bowl, then add the cold poached egg and submerge for 20-30 seconds or until warmed through. Remove the poached egg with a slotted spoon, dab dry and serve immediately.

**BASIC FORMULA**
- 8-12 QTS WATER
- 1-2 TBSP WHITE VINEGAR
- FRESH EGGS, QUANTITY AS DESIRED

THE PERFECTLY COOKED HARD BOILED EGG

Pro Tip: To peel a hard boiled egg, crackle the shell all over by tapping the egg on a hard surface, then roll the egg between your hands to loosen the shell. Begin peeling at the larger end. Hold the egg under cold running water or dip it in a bowl of water to help remove the shell.

WHAT YOU’LL NEED:
- LARGE POT
- COLANDER OR STRAINER
- SERVING PLATE

1. Place your eggs in a single layer on the bottom of your pot and cover with cold water. The water should be about an inch or so higher than the eggs. Cover the pot with a lid.

2. Over high heat, bring your eggs and water to a rolling boil.

3. Remove from heat and let stand in water for 10-12 minutes for large eggs. Reduce the time slightly for smaller eggs, and increase the standing time for extra-large eggs.

4. Drain water and immediately run cold water over eggs until cooled. Rapid cooling helps prevent a green ring from forming around the yolks.

BASIC FORMULA
- 8 LARGE EGGS (OR ANY NUMBER YOU DESIRE)
- 4 CUPS WATER (OR ENOUGH TO COVER EGGS IN THE PAN)

COOK TIME RESULTS:
1 MINUTE VERY RUNNY SOFT BOILED EGGS
2 MINUTES RUNNY SOFT BOILED EGGS
3 MINUTES VERY GOOEY MEDIUM BOILED EGGS
4 MINUTES GOOEY MEDIUM BOILED EGGS
5 MINUTES JUST SET MEDIUM BOILED EGGS
6 MINUTES MEDIUM-HARD BOILED EGGS
7 MINUTES VERY CREAMY HARD BOILED EGGS
8 MINUTES CREAMY HARD BOILED EGGS
9 MINUTES FIRM HARD BOILED EGGS
10 MINUTES VERY FIRM HARD BOILED EGGS

Photos sourced from:
https://www.wholesomeyum.com/how-to-boil-eggs-easy-peel/