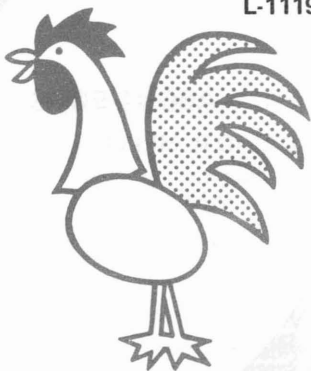


# About Eggs...



## THINGS TO REMEMBER

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of the egg may be broken out of the shell and cooked before eating. Of the egg may be eaten whole to get the yolk and white. The yolk is the part of the egg that is the most nutritious. The white is also nutritious but is not as good as the yolk. The yolk is the part of the egg that is the most nutritious. The white is also nutritious but is not as good as the yolk.

## SCRAMBLING

The Texas A&M University System  
 Texas Agricultural Extension Service  
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## ABOUT EGGS — SCRAMBLING

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A serving of properly scrambled eggs — a fluffy mass of soft yellow rolls, moist and delicately flavored — is a delicacy. Scrambled eggs are delicious when seasoned only with the butter or bacon fat in which they have been cooked, with a sprinkling of salt and a dash of pepper. The many variations of scrambled eggs prove how effectively the flavor of eggs both enhances and is enhanced by combining them with other foods.

Either of two basic methods may be used. The eggs may be broken out of the shell and cooked slightly before mixing. Or the eggs may be beaten lightly to mix the yolks and whites before cooking. Eggs cooked by the first method will tend to be a light yellow with small bits of white albumen mixed in. For the first method, use a skillet. For the second method, use a skillet or a double boiler containing a little butter, bacon fat or other cooking oil. The cooking temperature must be low and even. If you are served scrambled eggs that are dry, tasteless and perhaps layered instead of fluffy, you will know that this rule has been broken. A tablespoon of liquid such as cream, milk, meat stock or vegetable juice for each egg may be added. Many other interesting variations in flavor and texture are possible by adding diced, minced or shredded meats, fruits or vegetables.

### HOW TO SCRAMBLE EGGS

Equipment and ingredients:

- For two servings, a skillet about 8 inches in diameter.
- Fork, egg beater or hand mixer.
- Measuring cup and spoons
- Small saucedish or pyrex cup.
- Four eggs
- 1/4 cup milk or cream
- 1/2 teaspoon salt
- 1/8 teaspoon pepper
- 1 tablespoon butter.

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\*Extension poultry marketing specialists, The Texas A&M University System.

## Method 1

1. Heat butter in skillet over medium heat until it melts enough to coat pan surface when rolled around.
2. Break eggs into dish and slip into the pan.
3. With fork, break yolk so that it runs into whites - do not mix.
4. Add salt and pepper to taste.
5. As mixture begins to set at bottom and sides, mix slightly with fork to remove cooked portion from the pan and to allow uncooked portion to flow to bottom.



Scrambling is an easy way to prepare and serve eggs. A simple fork and frying pan are the only tools needed. (Special tools are recommended for non-stick pans, but a metal fork may be used with a "light touch.")

6. Continue to mix slightly cooked portion from bottom of the pan with fork and allow uncooked portion to flow to bottom. Do not have heat too high.

7. Remove from heat when a bit underdone. Continue to mix while eggs finish cooking. Heat in the eggs and the pan completes the cooking.

This method yields eggs with small flakes of albumen and yolk but the most "scrambled".

## Method 2

1. Mix eggs, milk or cream, salt and pepper with a fork, egg beater or hand mixer. Beat thoroughly for a uniform yellow, or mix slightly if you prefer streaks of white and yellow.

2. Heat butter in skillet over medium heat until hot enough to sizzle a drop of water.

3. Pour in egg mixture.

4. As mixture begins to set at bottom and sides, gently lift cooked portion with spatula, so that the uncooked part can flow to the bottom. Avoid constant stirring.

5. Cook until eggs are thickened throughout but still moist; about 3 to 5 minutes.

This method makes eggs similar to an omelet, but without the formal folding or browning which an omelet has.

## Method 3

1. Mix eggs, milk or cream, salt and pepper with a fork, egg beater or hand mixer. Mix thoroughly for a uniform yellow, or slightly if you prefer streaks of white and yellow.

2. Heat butter in skillet over medium heat until hot enough to sizzle a drop of water.

3. Pour in egg mixture.

4. As mixture begins to set at bottom and sides, mix slightly with fork to remove cooked portion from the pan and to allow uncooked portion to flow to bottom. Do not have heat too high.

5. Cook until eggs are thickened throughout but still moist; about 3 to 5 minutes.

This method produces eggs that are thoroughly mixed and more "scrambled".

## Other Ideas

- Remove the scrambled eggs from the pan when they are just a bit underdone; heat in the eggs completes the cooking.

- The top of a double boiler may be substituted for the skillet. Melt the butter in the top of the boiler, pour in the lightly beaten eggs and use spoon

instead of spatula to lift cooked portions from sides and bottom.

- Some cookbooks give another method of scrambling eggs. Melt 2 tablespoons of butter in a skillet over low heat and add the eggs beaten lightly and seasoned with salt and pepper. Cook slowly, stirring constantly until lightly set. Then stir in gradually a tablespoon each of butter and heavy cream. Eggs cooked by this method will be creamy rather than light and fluffy.

### **THINGS TO REMEMBER**

- For scrambled eggs to be tender and moist, cook them at a low even temperature.

- Addition of milk or other liquid to the lightly mixed eggs tends to slow the cooking and produce a more tender, fluffier product.

- Addition of diced, minced or shredded meats, fruits or vegetables makes scrambled eggs not one but many different dishes with a variety of flavors and texture.

- Garnishes can be used to add to the eye and taste appeal of scrambled eggs.

- Optimum volume and texture of scrambled eggs depend partly upon the use of a properly shaped and sized pan for the number of eggs to be scrambled. A pan with sloping sides is preferred. An 8-inch skillet is recommended for two servings (4 eggs); a 10-inch skillet for three servings (6 eggs). Some say that it is better not to scramble more than six eggs at a time.

- Scrambled eggs sticking to the pan can be minimized by the using of a properly seasoned pan or a non-stick pan (which also requires seasoning) and by the use of the recommended amount of butter or other cooking fat — and low heat. Although scrambled eggs will not stick when cooked at the proper temperature in a seasoned non-stick pan, most people prefer to use a little butter or bacon fat because they like the added flavor of the cooking fat.

## ACKNOWLEDGMENTS

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Kitchen and facilities of the Medallion Room, Bryan Utilities, were used for photographic work by permission of Mrs. Willie Belle Bogard, home service director.

Extension foods and nutrition specialists reviewed this leaflet and provided helpful suggestions.

**EGGS have a fascinating history. They are among the most versatile of all foods and are said to have a thousand uses. History reveals that eggs were a food delicacy in ancient and biblical times and a staple food wherever abundant.**

Ancient people considered eggs as a sacred symbol, and they believed an egg represented the world and its elements: shell, (earth); whites, (water); yolk, (fire); and under the shell (air). The breaking of eggs was a ceremony and a means of foretelling events. Men of early times hung eggs in Egyptian temples of worship. Artists glorified them in paintings and sculpture. Today eggs are still used for decorative purposes — as in Christmas and Easter ornaments and egg shell mosaics.

This series of leaflets numbered L-1114 — L-1122, covers topics of egg quality, buying and storing, six basic methods of egg preparation and eggs in the diet. Each is available from your local Extension agents.

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