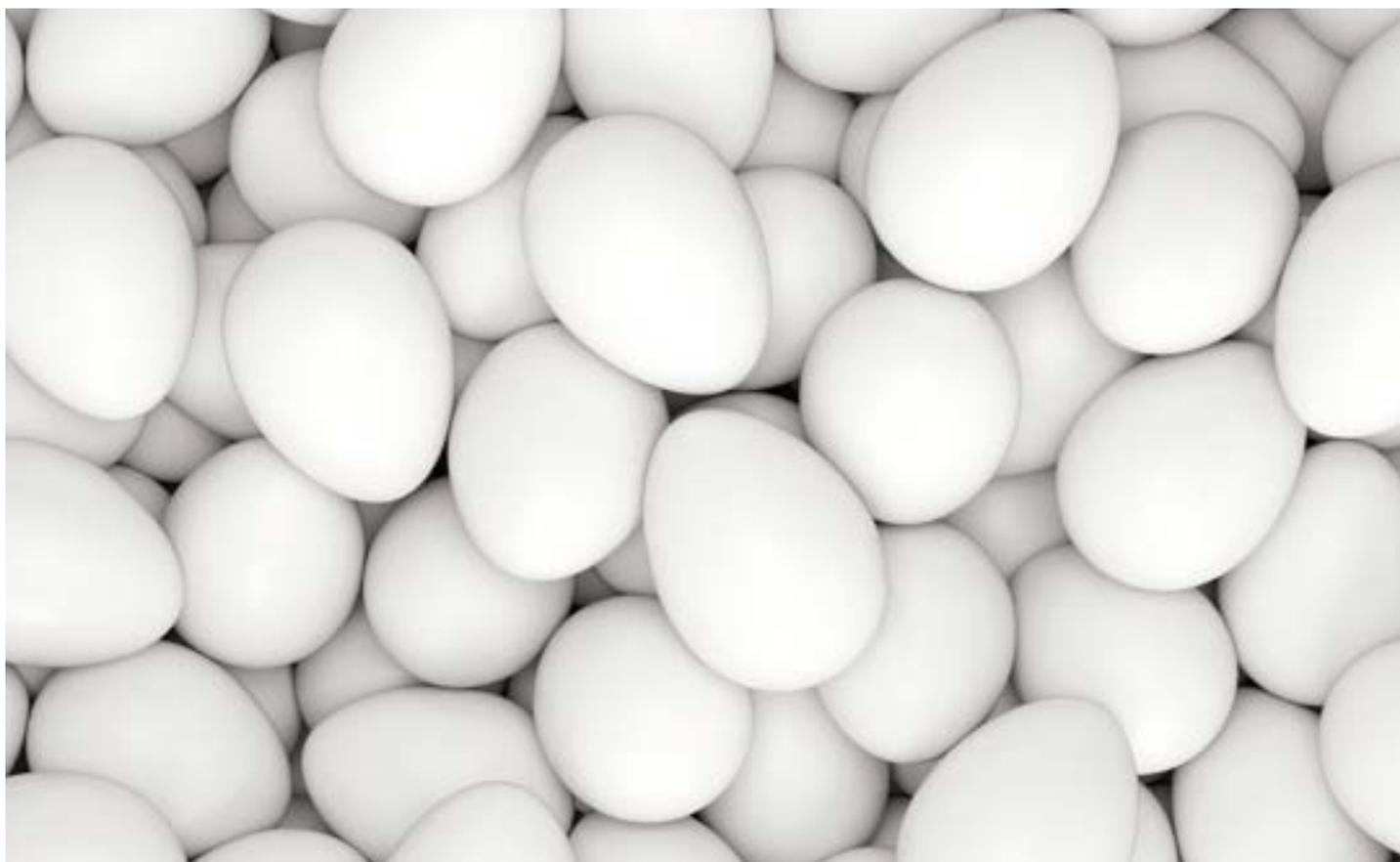


# EGGS, FULLY



**THE COOKFUL**

*Edited by Christine Pittman*

# Eggs, Fully

**W**hen we launch a new topic here on The Cookful, I always start off by explaining why we've chosen it. Why this thing? Why right now? But seriously, eggs is our choice this time and the answers are:

Why? Because we love eggs.

Why now? Because eggs are good. Always.

If you love eggs as much as we do, then you're going to love this series. We have so many great things to share. There are basics like how to fry up the perfect egg at home (Hint: It's a basted egg and it's going to change your world!), the best way to make scrambled eggs, the easiest way to peel hard boiled eggs and how to make quiche, as well as more interesting egggy things like how to make the most adorable mini quiches with toast crusts and a delicious recipe for Spanish Tortilla.

Follow along over here to see what's new in our egg series.

We'll have new posts coming out frequently over the next few weeks.

It's going to be EGGCELLENT! (I couldn't resist. But don't be mad, I only did it once!).

Christine



**THE COOKFUL**

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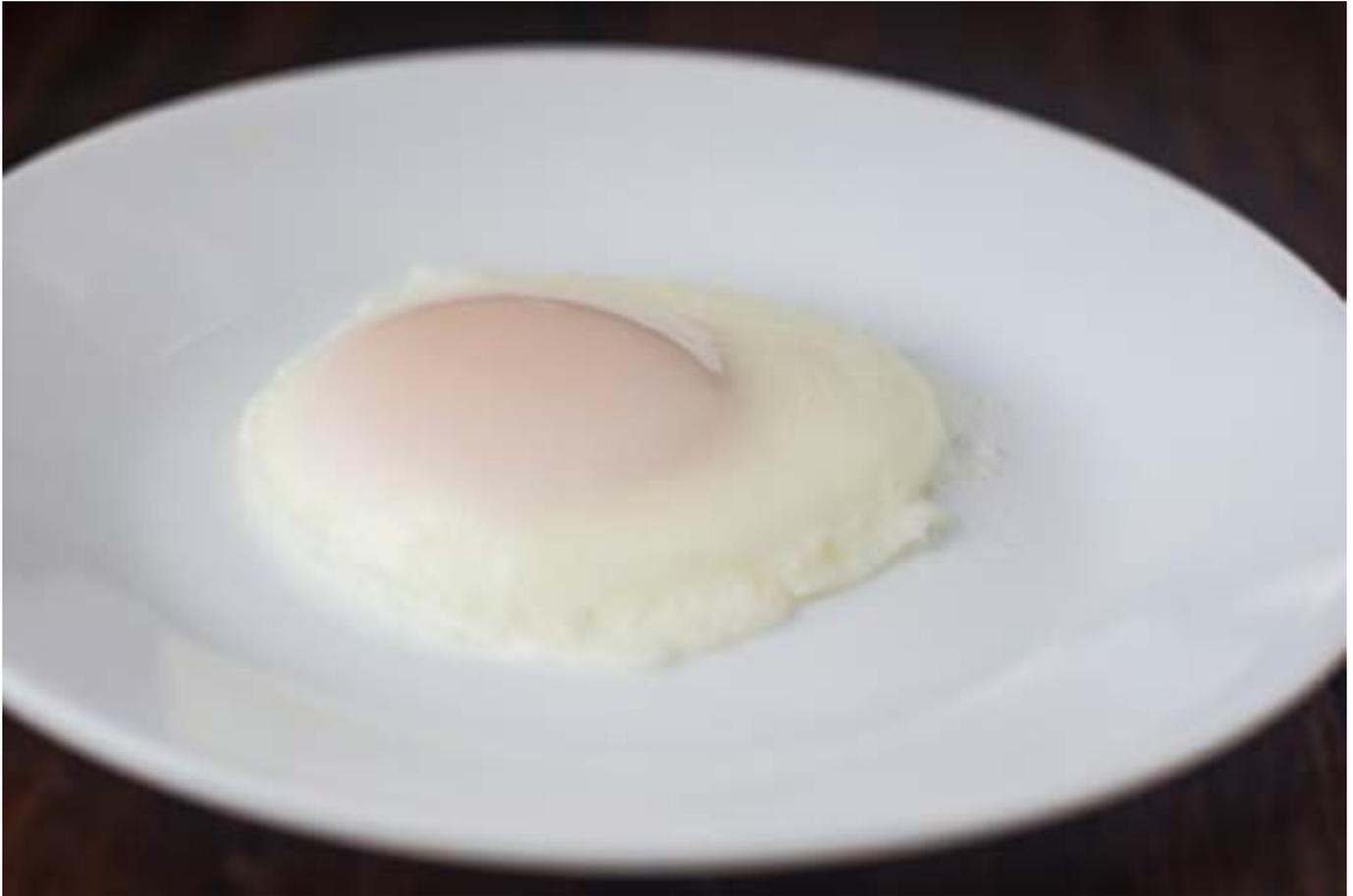
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## How to Baste Eggs

By Christine Pittman

*They're easier than over easy but taste better than sunny side up. Basted eggs are the best eggs to make at home.*

When we originally decided to do this whole [series on eggs](#), I had a bunch of different diner-style eggs on my list to make (think over easy, sunny side up, over medium, etc.). However, I then remembered that my favorite way to cook eggs beats those all, hands down.

Ahhh basted eggs, how I love thee.

Why make basted eggs? Well...

Have you ever made over easy eggs at home? It's a pain. Trying to get that egg flipped without breaking the yolk. Yikes!

If you want a dippable yolk but you don't want to have to flip the egg, then you're going with sunny side up. Much easier. The downside to that is that there is often this slimy goop over

# How to Baste Eggs

*Continued from previous page*

the egg yolk that doesn't cook. It's exactly that stuff that you're trying to cook when you do over easy eggs.

Conclusion so far? Over easy eggs are annoying. Sunny side up have slime.

So then, what if I told you that you could cook that slime without having to flip the eggs? You'd be pretty excited, right?

That's where basted eggs come in. You start by making a sunny side up egg. When the whites are almost set, you add some hot tap water and a lid. What happens? The steam created from the water surrounds the yolk and cooks the goopy layer.

I told you basted eggs are where it's at!

# How to Baste Eggs

*Continued from previous page*



**Step 1:** Melt some butter in a non-stick skillet.



**Step 2:** Crack in an egg.



**Step 3:** When the whites are nearly set, add a drizzle of hot tap water or recently boiled water from a kettle.



**Step 4:** Put a lid on the skillet. If you don't have a lid for your skillet, a big sheet of aluminium foil will work. Note that the lid you use does not have to be a lid that came with the skillet. Any sauce pan lid that is bigger than your skillet will work here.



**Step 5:** Let it cook until the steam has cooked the layer of egg whites that is over the yolk. About 30 seconds. If you like your yolks more cooked, you can let the egg steam for longer.



**Step 6:** Trim off any uneven whites if desired and serve.

# How to Baste Eggs

*Continued from previous page*

**Yield:** 1 serving

**Prep Time:** 1 minute

**Cook Time:** 4-5 minutes

**Total Time:** 5 minutes

**Ingredients:**

1 tsp. butter or margarine

1 large egg

1 Tbsp. boiling (or very hot)  
water

1. Melt the butter in a skillet over medium heat.
2. Crack in the egg.
3. Cook until whites are nearly fully set and then add the hot water to the skillet. Cover the skillet.
4. Cook the egg in the covered skillet until the whites are set and the thin layer of whites that tops the yolk has turned white as well.
5. Remove egg from skillet. Serve.



# Hard Scrambled Eggs (The American Method)

*By Christine Pittman*

*Hard Scrambled Eggs are the kind found most often in American diners. Learn how to make them at home here.*

There are several different ways to make scrambled eggs. One of the most common is the Hard Scramble Method. It's called hard scramble because the eggs are fully cooked (like how the yolk is fully cooked in an over-hard egg). In contrast, some scrambled eggs have a creamier texture because they are a little bit less well done (we'll see this with the French Scrambled Eggs tomorrow).

Hard Scrambled Eggs are sometimes called American Scrambled Eggs. Why? My best guess is that it's in contrast to the French method and also because it's the method most often used in American diners. But that's just a guess.

# American Hard Scrambled Eggs

*Continued from previous page*

Hard Scrambled Eggs are usually made by cracking the eggs directly into the skillet or onto the grill. Then they're mixed up on the hot surface while they cook. Due to this, some of the whites start solidifying before they have been completely incorporated into the yolks, resulting in streaks of white in the scrambled eggs.

Some people beat the eggs together in a bowl for a moment before pouring them into the skillet. If this is done, then the eggs will have a consistent yellow color. Crucially for the hard method, the eggs are mixed a bit here and there after being added to the skillet and are cooked until completely set and dry.

# American Hard Scrambled Eggs

*Continued from previous page*



**Step 1:** Melt some butter or margarine in a skillet.



**Step 2:** Crack in the eggs. Allow the whites to start to set a bit.



**Step 3:** Break the yolks and start stirring. Stir every 30 seconds or so.



**Step 4:** The whites will be mostly set and there will still be some runny yellow yolk.



**Step 5:** Keep cooking and stirring occasionally until the yolk is fully set.



**Step 6:** Enjoy!

# American Hard Scrambled Eggs

*Continued from previous page*

**Yield:** 1 serving

**Prep Time:** 1 minute

**Cook Time:** 4-5 minutes

**Total Time:** 5 minutes

**Ingredients:**

1 tsp. butter or margarine

2 large eggs

1. Melt the butter in a skillet over medium heat.
2. Crack the eggs into the skillet.
3. Allow the whites to begin to set and then use a wooden spoon or spatula to break the yolks. Stir the whites and yolks together for a moment.
4. Cook, stirring every 30 seconds or so until the whites and the yolk are fully set and dry, 2-3 minutes.
5. Transfer to a plate and eat.



## Soft Scrambled Eggs (The French Method)

*By Christine Pittman*

*French-style scrambled eggs have a soft and creamy texture. They're easy to make and aren't that different in method from regular scrambled eggs.*

Unlike hard scrambled eggs, French scrambled eggs are not cooked through until dry. Instead, they are cooked slowly over low heat and stirred often so that no eggs are in contact with the pan for long enough to dry out. The final product has a smaller curd structure because of all that stirring.

These scrambled eggs are very creamy in texture. Note that some Americans dislike this because it seems like the scrambled eggs are partly raw. If that's you, you can cook them for longer until dry or try the American hard scrambled method.

# French Scrambled Eggs

*Continued from previous page*



**Step 1:** Crack the eggs into a bowl.



**Step 2:** Whisk a bit. Ideally the yolks and whites will be fully incorporated into each other. These ones below could use a bit more whisking.



**Step 3:** Melt 1 teaspoon of unsalted butter in a small skillet over low heat.



**Step 4:** Once melted, pour the eggs into skillet.



**Step 5:** Stir. After a bit, some of the egg will start to solidify and form curds.



**Step 6:** As they continue to cook, they'll start to solidify more quickly and you need to keep stirring to stop them from getting too well done.

# French Scrambled Eggs

*Continued from previous page*



**Step 7:** When they're cooked mostly through but are still slightly wet, transfer them to a plate. They'll have a nice, soft, creamy texture.



# Microwave Scrambled Eggs

*By Christine Pittman*

*Knowing how to make Microwave Scrambled Eggs is a must for when you're in a pinch. Here's why.*

Did you know that you can make scrambled eggs in the microwave? It's really easy and they taste great. Here's how you do it:

# Microwave Scrambled Eggs

*Continued from previous page*



**Step 1:** Crack your eggs into a microwave-safe bowl.

**Step 2:** Whisk them up using a fork. If you want them to have a streaky white-and-yellow appearance once they're cooked (like the scrambled eggs we often get in American diners)



don't mix them super-well. If you want a homogenous yellow, whisk until the whites and yolks are fully incorporated into each other. The batch below still has streaks of unmixed whites so you will get some white in the scrambled eggs once they're cooked.



**Step 3:** If you ignored my instructions about starting with a microwave-safe bowl (I clearly ignored these instructions myself!) transfer eggs to a microwave-safe bowl now. Microwave for 30 seconds. They'll look like this where the eggs near the outer edges of the bowl cook before the middle.



**Step 4:** Stir it up so that the cooked egg is dispersed throughout the uncooked egg. Like this.



**Step 5:** Microwave for 20 seconds at a time, stirring after each time, until the eggs are cooked to your desired doneness. These ones are fully cooked and dry (called Hard Scrambled Eggs). If you prefer them creamier and softer, you can cook for less time, stir and then serve. If you like that, it's called Soft or French Scrambled Eggs and you can learn how to make them on the stove here.



# The Best Way to Make Scrambled Eggs, A Comparison

By Christine Pittman

*What is the best method for scrambling eggs? We did the taste test to find out!*

Recently we showed you three different ways to make scrambled eggs.

- + [Scrambled eggs in the microwave](#)
- + [Hard scrambled eggs \(sometimes called American scrambled eggs\)](#)
- + [Soft scrambled eggs \(sometimes called French scrambled eggs\)](#)

The hard and soft eggs are cooked on the stove top. The main difference between them is how quickly and fully they're cooked. Hard scrambled eggs are cooked over a medium temperature until they are fully set and dry. Soft scrambled eggs are cooked over a low temperature and are removed from the skillet while still slightly damp. The difference is mostly in the texture. The hard eggs are drier and a bit spongy whereas the soft eggs are softer and creamier.

# Best Scrambled Eggs

*Continued from previous page*

Technically, you could make microwaved scrambled eggs that have either a hard or soft texture. For hard, cook them until there is no liquid or shine remaining. For soft, stop cooking when a bit of liquid or shine remains but stir them to distribute the uncooked egg throughout the mixture.

## WHICH METHOD OF SCRAMBLING EGGS IS BEST?

The microwaved eggs are the most convenient. There's just one bowl that is dirty at the end and they cook very quickly. Additionally, you don't add fat to microwaved scrambled eggs so they are leaner. Note that there's nothing stopping you from adding a bit of butter at the end, but it's not required for the cooking process.

The next most convenient are the hard scrambled eggs because you can crack these straight into the skillet, no bowl required. The soft scramble require you to use a bowl to whisk the eggs together as well as a skillet to cook them in.

Of course, you could crack eggs into a bowl and whisk them when making hard scrambled eggs or you could crack eggs directly into the skillet for soft. The results would be a bit different but not major. The crucial difference between these two styles is how well-cooked the eggs are.

For hard scrambled eggs, the eggs are fully cooked through and dry. For soft scrambled they are slightly less well-cooked with a wet look, yielding a creamy texture. When trying to decide between these two, ask yourself how well done you like your eggs. Do you like sunny side up eggs? Do you like soft boiled dipping eggs? If you answered yes, then you might really like the soft scrambled eggs. If, on the other hand, you're an over-hard and hard-boiled person, you will likely prefer hard scrambled eggs.

Having done the taste test, my preference is for soft scrambled eggs. I like that creamy texture. Admittedly though, I almost always make a hard scramble in the microwave. It's too convenient to pass up!



# Perfect Soft Boiled Eggs

By Christine Pittman

*Soft boiled eggs are all about timing and temperature. Learn the steps to cooking perfect soft boiled eggs, and learn how to eat them too, right here.*

There is nothing like a perfectly cooked soft-boiled egg. The whites are set and firm with no jiggles, and the yoke is liquid gold.

How do you achieve this perfection though? I've seen a lot of different methods and timing on the Internet and elsewhere but nothing works as well as my mom's method (I'll take this moment to say that I'm grateful to my mom for a million things, not only for teaching me how to make perfect eggs).

My mom's perfect method for soft boiled eggs involves bringing the water up to a boil first, before you add the eggs. This way, the egg is going into hot water and starts cooking immediately. Some people put the eggs in cold water and then bring it to a boil. The problem with this is that the amount of time it takes to heat up depends on how much water you have

# Perfect Soft Boiled Eggs

*Continued from previous page*

and then the timing is difficult to control, and potentially different every time.

Using the boil-first method, the water comes up to temperature and then the eggs go into that boiling water for exactly 4 minutes. Then, you remove the saucepan from the heat and let it sit for 20 more seconds. Finally, drain off the hot water and add cold tap water, as much as you can. Let them sit for 30 seconds. Now you're ready to dive in.

Here is a photo tutorial for making perfect soft boiled eggs:

# Perfect Soft Boiled Eggs

*Continued from previous page*



**Step 1:** Fill a sauce pan 3/4 full with water. Cover it and bring it to a boil over high heat.



**Step 2:** Once it's boiling, lower in the eggs. Be sure not to crowd the eggs. It's crucial for your water to still be at a rapid boil once

all your eggs are added. For a small saucepan like this, I do at most 4 large eggs. If you want to do more than 4, use a larger saucepan and more water. The more water you have, the less likely the cold temperature (or room temperature) of the eggs will reduce the water temperature by much.



**Step 3:** Let the eggs cook in the boiling water for exactly 4 minutes.



**Step 4:** Remove the saucepan from the heat and let the eggs sit in non-boiling water for 20 seconds. Drain off the hot water.



**Step 5:** Add cold tap water, as much as can fit into the saucepan. Let the eggs sit in the cold tap water for 30 seconds. Now the soft boiled eggs are ready to eat. How do you eat soft boiled eggs? Here we go!



**Step 6:** Transfer the eggs to egg cups. Tap the top of an egg lightly with a spoon to crack the shell. You want it to have a spiderweb of cracks across the top, like this.

# Perfect Soft Boiled Eggs

*Continued from previous page*



**Step 7:** Use your fingers to peel away the cracked parts of the shell. The shell from the top will be gone, exposing the cooked egg whites.



**Step 8:** Use a small spoon to cut into the egg whites just where it meets the shell.



**Step 9:** Cut through the egg and lift off the top bit of egg white.



**Step 10:** Now your egg is ready for dipping. Plunge some buttered toast into that yolk and enjoy!

# Perfect Soft Boiled Eggs

*Continued from previous page*

**Yield:** 2 servings

**Prep Time:** 5 minutes

**Cook Time:** 5 minutes

**Total Time:** 10 minutes

**Ingredients:**

Tap water

2 large eggs

1. Fill a small saucepan 3/4 full with tap water.
2. Cover it and set it over high heat until it boils.
3. Use a spoon to lower in the eggs.
4. Boil the eggs for exactly 4 minutes.
5. Remove the sauce pan from the heat and let it sit not boiling for 20 seconds.
6. Drain off the hot water.
7. Fill saucepan with cold tap water. Let eggs sit in cool water for 30 seconds.
8. Drain eggs and serve in egg cups.



# How to Hard Boil Eggs

By Christine Pittman

*Make perfect hard boiled eggs every single time with this foolproof method.*

Hard boiled eggs are one of my favorite things. I like them by themselves with a little bit of salt and pepper, or I turn them into egg salad or, the best, deviled eggs. Mmmmm.

But how do you make hard boiled eggs that are perfectly cooked in the center without being over-cooked? Follow along below. Oh, if you want to try something different, stay tuned for learning how to steam eggs. It's a technique that you're going to love. Why? You get perfectly cooked hard "boiled" eggs that are easier than ever to peel.

Now let's find out how to make perfect hard boiled eggs the classic way.

# Hard Boiled Eggs

*Continued from previous page*



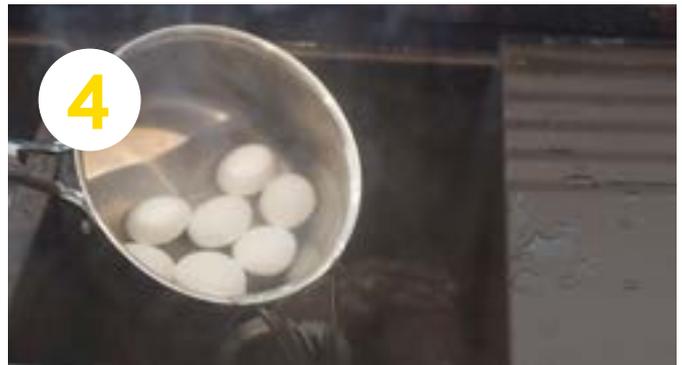
**Step 1:** Put the eggs into a saucepan in a single layer. Cover by 1 inch of water.



**Step 2:** Put saucepan, uncovered, over high heat. Bring to a boil.



**Step 3:** Once the water is boiling, remove the pan from the heat. Cover it and let it sit for 12 minutes.



**Step 4:** Drain off the water.



**Step 5:** Fill the saucepan with cold tap water.



**Step 6:** Add ice cubes and let sit until cooled all the way through, about 10 minutes. Refrigerate the unpeeled eggs or peel and refrigerate.

# Hard Boiled Eggs

*Continued from previous page*

**Yield:** 6 servings

**Prep Time:** 10 minutes

**Cook Time:** 12 minutes

**Total Time:** 22 minutes

**Ingredients:**

6 large eggs

ice cubes

1. Put eggs in a single layer in a medium saucepan.
2. Add enough cold tap water so that the water is above the eggs by 1 inch.
3. Set it over high heat and bring to a boil uncovered.
4. When it boils, remove from heat and cover.
5. Let sit for 12 minutes.
6. Drain water. Fill saucepan with cold water. Add 4 handfuls of ice.
7. Let sit until eggs are cooled through.
8. Refrigerate unpeeled or peel and refrigerate.



# Steamed Eggs

By Christine Pittman

*Steamed eggs are just like hard boiled but they're easier to peel. Find out why and learn this useful technique.*

What is a steamed egg? It's just like a hard boiled or soft boiled egg except you don't boil it. Instead, you steam it.

Why do this? It turns out that steamed eggs are easier to peel than boiled eggs. Why is that? It's pretty interesting, actually.

OK, so you know how when you're peeling eggs you're super happy when the thin membrane between the egg white and the shell is stuck to the shell and not to the whites? That's what makes an egg easy to peel. That's what we're trying to achieve here. With steamed eggs, the membrane is more often stuck to the shell. Why?

When an egg hits a hot temperature, it causes the proteins in the outer whites to denature (this is when they solidify), making it harder for them to fuse with the membrane. This also

# Steamed Eggs

*Continued from previous page*

makes the whites contract which makes it additionally harder for the two to fuse. The key is to get the egg into a hot temperature quickly so that those outer egg whites denature fast.

What's the difference between hard boiling and steaming here then? Why would steaming eggs make them easier to peel? When you hard boil eggs, you add the eggs to boiling water. The cooler temperature of the eggs lowers the water temperature. The eggs are thus not in boiling water at the start. Conversely, when you steam eggs, the eggs are not in contact with the water at all. Adding the eggs to the steamer basket set above the water does not lower the temperature. This means that the eggs are in a hotter temperature right from the beginning. The whites are then less likely to fuse with the membrane and the result is easier to peel eggs. Yay!

Here's how to steam eggs so that they're easy to peel:

# Steamed Eggs

*Continued from previous page*



**Step 1:** Put about an inch of water into a medium saucepan.



**Step 2:** Put a steamer basket over the water. My basket is pretty old but it works just fine.



**Step 3:** Cover the pot and bring the water to a boil. Once it is boiling, add the eggs to the steamer basket. It's best if they're in a single layer in the basket.



**Step 4:** Cover the pot and keep it over high heat for 12 minutes.



**Step 5:** Drain off the hot water.



**Step 6:** Fill the pot with cold tap water.

# Steamed Eggs

*Continued from previous page*



**Step 7:** Adding ice cubes will further help the eggs stop cooking and to cool faster. Let the eggs sit in the ice water until they're cooled all the way through.



**Step 8:** Peel the eggs. All done!

# Steamed Eggs

*Continued from previous page*

**Yield:** 12 servings

**Prep Time:** 5 minutes

**Cook Time:** 12 minutes

**Total Time:** 17 minutes

**Ingredients:**

12 large eggs

Steamer basket

Ice cubes

1. Put an inch of water into a medium saucepan.
2. Place the steamer basket into the pan.
3. Cover and bring to a boil over high heat.
4. Add the eggs in a single layer.
5. Cover and cook over high heat for 12 minutes.
6. Remove from heat and drain off water.
7. Fill saucepan with cold tap water and add a few handfuls of ice.
8. Let cool completely, about 10 minutes, before peeling. Or refrigerate in the shells.



# How to Peel Eggs

By Christine Pittman

*No more craters and uneven surfaces on your hard boiled eggs. And no more frustration trying to get those shells off. Learn all the tips you need to peel eggs expertly.*

Aren't you glad I didn't say eggspertly? Ha! I just did!

We all know how annoying it can be to peel hard-boiled eggs. Sometimes it happens easily, other times it's a struggle. When it's a struggle, it's the most frustrating thing, especially if you want to serve the eggs whole or as deviled eggs.

Here are some tips for having easier to peel eggs.

The steaming method of hard "boiling" eggs works best. Once you've got that down, here is the best method to peel eggs.

# How to Peel Eggs

*Continued from previous page*



**Step 1:** Get out one hard-cooked egg. Tap it gently on one side causing a spiderweb-type crack.



**Step 2:** Go all around the egg making those spiderweb-like cracks.



**Step 3:** Then gently tap the top and bottom of the egg, making that same kind of gentle but spread out cracks on the ends.



**Step 4:** Then gently roll the egg so that the cracks you've made spread out all around it. Now the egg is covered in this web of cracks.

**Step 5:** Turn on your kitchen faucet with cold tap water running gently. Put the egg under the water and start peeling away the peels. This is where you find out if the thin membrane of the egg is attached more to the shell or more to the egg. It is more likely to be attached to the shell, which is what you want, if you used the steaming method mentioned above.

When the thin membrane is attached to the shell, you barely notice it and the shell just comes right off. If the membrane has attached more to the whites of the egg, then it's harder to get the shell off. Try rolling the egg around a bit more and then try getting under that membrane to peel the egg.

Once the shell is all off, rinse the egg a bit more to make sure that no little bits of shell still adhere to it. Then you can put the egg into an airtight container in the fridge or sprinkle on a bit of salt and pepper and eat it right then. The temptation



to eat it is huge. I pretty much always eat the first egg that I peeled. Hmmm, since some eggs are easier to peel than others, it's probably smarter to wait and see which one ends up the least nice looking and eat that one. If you can wait for it, that is.



# The Best Egg Salad

By Christine Pittman

*This perfect egg salad isn't mushy, has just the right amount of mayonnaise, is seasoned a little bit and has some lemon juice to brighten everything up.*

Egg salad is probably my favorite sandwich to make at home. It's a real comfort food to me. Over the years, I've made egg salad in a variety of ways. This is my favorite by far.

The key to a great egg salad is, first, great hard boiled eggs. My favorite method is to steam them as I've already showed you. If you're in a hurry, you can buy already cooked hard boiled eggs at the grocery store. At my store they're refrigerated near the deli section.

Second, try not to over mash it. I like the egg whites to still have some texture and not be all mushy. I mean, if you like mushy, go and mash away. But I'm telling you, it's not better that way.

The third key is to get the amount of mayonnaise right. Too much and you don't taste the egg and the mixture is sloppy. Not enough and it's dry, even pasty. I've got the perfect amount in the recipe below.

# Egg Salad

*Continued from previous page*

Finally, you need to season egg salad. You really do. That means salt, pepper and a tiny bit of acidity. I use lemon juice. Not so much lemon juice that your egg salad tastes like lemon. Just a tiny bit to brighten everything up and cut through the richness of the egg and mayonnaise.

Feel free to add finely minced celery and/or green onion if you have them and if you like them. I love green onion in my egg salad but I'm less fond of celery. I like the flavor of celery but I don't like its crunch in egg salad. Everything else is so smooth and creamy. Honestly, I'm not sure why I don't like the crunch since I like crunching on other things in other kinds of sandwiches. One of my favorites is ham and cheese with potato chips in there. But I don't seem to like the small bits of crunch in egg salad. If you like it, go for it. I'm not going to judge you. Promise.

# Egg Salad

*Continued from previous page*

**Yield:** 2 servings

**Prep Time:** 5 minutes

**Cook Time:** 0 minutes

**Total Time:** 5 minutes

**Ingredients:**

7 hard boiled or steamed  
eggs

1/4 cup mayonnaise

1/4 tsp. salt

1/8 tsp. black pepper

1 tsp. lemon juice

1/4 cup chopped green  
onions (optional)

1/4 cup finely chopped celery  
(optional)

1. Put the eggs into a medium bowl. Use butter knife to cut them each into quarters.
2. Add the mayonnaise, salt, pepper and lemon juice.
3. Use a fork to mash everything together to the desired texture, ideally keeping lots of pieces of egg white that are about 1/4 inch in size intact. The yolks and mayonnaise will combine as the binder around the whites.
4. Taste. Add more salt and pepper if desired.
5. Gently stir in the green onions and celery, if using.



## Deviled Eggs

By Christine Pittman

*These are the best deviled eggs ever. They're almost exactly like the classic but with a secret ingredient that makes them unbelievably delicious.*

I am always amazed by how quickly deviled eggs disappear from a serving tray. I don't know why I'm amazed though. I mean, I eat six of them myself while arranging them on the tray before the party. These are my favorite ones.

This deviled egg recipe follows the basic idea that you see in recipe after recipe. It's hard boiled egg yolks mixed with mayonnaise, a drizzle of cream or milk, mustard powder, paprika, salt and a bit of lemon juice. What makes these different, and really and truly the best deviled eggs ever, is the addition of fresh herbs. Specifically, I use dill and/or chives.

You don't need very much of the herbs. It's just that little bit. They make the deviled eggs look pretty speckled with green and the taste is just a subtle difference, but a delicious difference, from the more basic version. You're going to gobble all of these up before you get to the party, for sure!

# Deviled Eggs

*Continued from previous page*



**Step 1:** After hard-boiling or, even better, steaming your eggs, cool them and peel them. Note that you can alternately buy already hard boiled and peeled eggs at the grocery section. They're usually found in the deli section. I think cooking them myself is best but you can't beat the convenience of having a batch of deviled eggs ready in under 10 minutes if you buy them pre-cooked.

Carefully cut the eggs in half lengthwise. Remove the yolks and put them into a bowl or bag.

Arrange the whites on a serving tray. The one in the picture is specifically designed for deviled eggs.



**Step 2:** Mash the egg yolks together with the other ingredients. I use a fork to mash them. You can do it in a ziplock bag as I have done here but it's easier to use a bowl and then transfer the mixture to a bag after.



**Step 5:** You can simply scoop the yolk mixture into the whites using a small spoon but it looks much prettier if you pipe it in. Use a piping bag if you have one. If not, a regular quart or gallon-sized zip-top bag works as long as it's not "flat-bottomed for easy filling" like these. The flat-bottomed bags don't allow you to snip off a bottom corner for piping.

Snip off a little bit of one corner, like 1/4 inch. Once you start piping, if the yolk mixture isn't flowing well, you can make the hole a bit bigger.

Using a swirling motion, pipe the yolk mixture into the whites.

Serve immediately or cover with plastic wrap and refrigerate for up to one day. If you do the latter, make extra because I guarantee you'll be plucking them out of the fridge every time you walk by.

# Deviled Eggs

*Continued from previous page*

**Yield:** 12 servings

**Prep Time:** 10 minutes

**Cook Time:** 0 minutes

**Total Time:** 10 minutes

**Ingredients:**

12 hard boiled eggs, cooled and peeled

1/4 cup mayonnaise

1 Tbsp. whipping cream of milk

1 Tbsp. fresh chopped chives

1 Tbsp. fresh chopped dill

1/2 tsp. lemon juice

1/2 tsp. mustard powder

1/4 tsp. salt

1/4 tsp. paprika or smoked paprika, plus more for garnish

1. Cut the eggs in half lengthwise.
2. Put the yolks into a bowl. Arrange the whites cut-side-up on a serving tray.
3. Into the bowl with the yolks, put the mayonnaise, whipping cream, chives, dill, lemon juice, mustard powder, salt and 1/4 teaspoon of the paprika. Mash it all together with a fork until very smooth. Taste. Add more salt if desired.
4. Scoop yolk mixture into a piping bag or ziptop bag (see notes above about which bags work and which do not). Cut off 1/4 inch of a corner of the bag.
5. Use a swirling motion to pipe the yolk mixture into the hollow of the whites. If the yolks are not flowing freely, make the hole in the bag a bit larger.
6. Serve immediately or cover and refrigerate for up to one day.



# Denver Omelet

By Christine Pittman

*Here's how to make the classic American diner omelet, the Denver Omelet, at home. It's loaded with green bell pepper, onion, ham and cheddar cheese.*

When we were planning this egg series, we had a [French omelet](#) on the list. None of us had ever actually made one before though. We tried. It was really annoying to do, and not that exceptionally great tasting in our opinions. Or not worth the effort. We decided to stick with what we know and go with the classic American diner omelet. The Denver Omelet was a natural one to turn to.

I'm giving instructions here for making any kind of American diner-style omelet, really. The difference is just in the ingredients that you use. For a Denver omelet, you use chopped green bell peppers, onions and ham. I had to include cheese as well, which is usually optional on a Denver, because me and cheese have a special bond.

Here's how you make an omelet:

# Denver Omelet

*Continued from previous page*



**Step 1:** Heat a teaspoon of cooking oil or butter in an 8-inch non-stick skillet over medium heat. Add your chopped ingredients. Almost all ingredients benefit from sautéing first. The only exceptions are diced tomatoes and chopped green onions, which should not be added at this stage but are best as garnishes on the top after the omelet is cooked. Sauté ingredients until they're softened, 4-5 minutes. Then remove them from the skillet and put them on a plate. Wipe out the skillet.



**Step 2:** Meanwhile, crack the eggs into a bowl and whisk them until smooth (you don't want the yolks and whites to be separate at all here, unlike for the American-style scrambled eggs that we discussed the other day). Heat another teaspoon of butter or oil in the skillet over medium heat. Pour in the eggs.



**Step 3:** Let them sit in the pan for a minute and then when you notice them starting to congeal in places, stir.



**Step 4:** Let it all sit for a bit again. When the bottoms have congealed, scrape the egg to one half of the pan.

# Denver Omelet

*Continued from previous page*



**Step 5:** Tilt the pan to encourage the raw egg to move to fill the pan. Doing this helps the egg to set more quickly so that the bottom doesn't brown too much before all of the egg is cooked.



**Step 6:** Once the top of the eggs is mostly set but just slightly damp, top half of the egg with the filling mixture.



**Step 7:** Sprinkle the filling with cheese, if using.



**Step 8:** Using a non-metallic turner/spatula like this, fold the side of the egg that doesn't have filling on it up over the side that does.



**Step 9:** Transfer omelet to a plate and serve immediately.

# Denver Omelet

*Continued from previous page*

**Yield:** 1 servings

**Prep Time:** 5 minutes

**Cook Time:** 8 minutes

**Total Time:** 13 minutes

**Ingredients:**

2 teaspoons butter or vegetable oil, divided  
2 Tbsp. chopped green bell pepper  
2 Tbsp. chopped onion  
1 ounce chopped cooked ham  
2 large eggs  
2 Tbsp. shredded cheddar cheese

1. Heat 1 teaspoon of the butter or oil in a small to medium skillet over medium heat. Swirl it around the skillet to coat the bottom.
2. Add the bell pepper, onion and ham. Cook until softened, 4-5 minutes, stirring occasionally. Transfer to a plate. Wipe out the skillet.
3. Meanwhile, crack the eggs into a small bowl and whisk with a fork until the whites and yolks are fully incorporated into each other with no streaks of clear whites remaining.
4. Put the skillet back over medium heat and heat the remaining teaspoon of butter or oil. Swirl it around the pan.
5. Add the eggs. Cook until some egg is starting to congeal. Stir.
6. Cook until the bottom is mostly congealed and then scrape the cooked egg all towards one half of the skillet. Tilt the skillet so that raw egg from the top fills the space you made.
7. Let the omelet cook until it is mostly set but still slightly wet on top.
8. Pile the filling ingredients onto one half of the egg. Top the filling with the cheese, if using.
9. Fold the half of the egg that doesn't have filling over the half that does. Slide the omelet out of the pan and serve immediately.



# Quiche

*By Christine Pittman*

*Who knew quiche was so easy to make? You can mix together your ingredients and get it into the oven in minutes. Give it a try tonight!*

Quiche seems like a fancy thing. You get it in pretty cafés and quaint lunch spots. It's actually really simple though.

You can think of quiche as a baked omelet, sort of. One thing it has in common with an omelet is the fact that it is egg mixed with savory ingredients that is then cooked until set. The differences between a quiche and an omelet are that a quiche has a pastry shell and, more importantly, the egg mixture has quite a bit of cream or milk added to it. Due to the latter, a quiche is very tender, much softer and fluffier than an omelet. It almost has the texture of a set custard, but it's not sweet.

I hope telling you that it's like a custard hasn't sent you back to thinking quiche is super-fancy or difficult. It really really isn't. It's be a breeze. Promise!

# Quiche

Continued from previous page



**Step 1:** Preheat the oven to 350°F. Crack 4 large eggs into a medium bowl.



**Step 2:** Beat 4 eggs until the yolks and whites are well combined and there are no streaks of clear whites remaining.



**Step 3:** Add 1 and 1/2 cups of whole milk. You can also use half and half or part heavy cream and part milk. The more cream you use, the richer the quiche will taste instead. You can use low fat or fat-free milk but the quiche ends up slightly watery tasting and I don't recommend it.

If you're trying to make a larger quiche or several at once, it's good to know how much milk/cream to add per egg. I've read in several places that the best amount is 1/2 cup per large egg. I disagree. I find a quiche with this ratio to be a bit too jiggy. It doesn't slice cleanly or hold up as well. Instead, I use just less than 1/2 cup per egg. It's somewhere between 1/2 cup and 1/3 cup, if you're being approximate. If you want to be exact though...

The best milk to egg ratio for quiche is 6 tablespoons of milk for each large egg. This works out to exactly 3/4 cup of milk per 2 large eggs, and to 1 and 1/2 cups milk for every 4 large eggs.



**Step 4:** Add 1/4 teaspoon of salt and 1/8 teaspoon of ground black pepper.



**Step 5:** Put a pie crust into a 9-inch pie plate. You can make your own pie crust or you can buy it. I am sadly not particularly good at pastry-making so I typically buy my crusts. The ones that I like are found in the refrigerated section of the grocery store.

# Quiche

Continued from previous page



**Step 6:** Quiche experts out there say that you should blind bake the crust. This involves topping the crust with parchment paper and then putting pie weights or dried beans (uncooked) on the parchment and baking for 20 minutes. Learn how to blind bake over here. The idea is that the partially cooked pie crust will soak up less liquid than an unbaked crust and will end up less soggy in the end. That's a good reason to blind bake the crust so do go ahead and do so if you'd like. I prefer my quiche to have some crisp pie crust around the top but a softer crust on the bottom so I skip this step. (I might just be rationalizing my laziness but I'm perfectly fine with that!).

I do put the cheese on the bottom of the quiche. I've seen that this is standard in a lot of recipes. I find myself wondering if the cheese protects the crust a little bit. Anyhow, let's continue...



**Step 7:** Sprinkle 1 cup of shredded cheese over the bottom of the pie crust.



**Step 8:** Top with other fillings. For this one, I've just put some cooked ham. Whatever fillings you choose, make sure they are cooked. That is, meats need to be of the lunchmeat variety, like the ham, or else fully cooked, like cooked chicken. Vegetables like onions and peppers should be sauteed and softened first. If you include vegetables, make sure they are not too wet since you do not want them leaking liquid into your quiche. For particularly wet ingredients like tomatoes, mushrooms and spinach, cook them and then put them in cheesecloth or in a fine mesh sieve and push out a lot of the liquid.



**Step 9:** Pour the egg mixture over the fillings. Now the quiche is ready for the oven.

# Quiche

*Continued from previous page*



**Step 10:** Bake the quiche on the bottom rack of the oven. This is so that the bottom crust is as close to the heat source as possible, which will help it to cook more and maybe even brown a bit.



**Step 11:** Cook the quiche until it's mostly set but jiggles slightly in the middle, about 40 minutes. If the top of the pie crust gets too brown, cover it with aluminum foil. Let the quiche cool to a warm temperature before cutting and serving.



**Step 12:** Quiche can be served warm or at room temperature. It really shouldn't be served cold because it gets a bit firm. If you want to serve the quiche later, cover it and refrigerate it. Then take it out of the fridge, cover it with aluminum foil and bake at 325°F until warm, about 15 minutes.

Alternatively, cut the quiche into slices and microwave by the slice on medium power or on defrost (this is more gentle and will heat it more evenly) for 30 seconds at a time until it is warmed through.

# Quiche

*Continued from previous page*

**Yield:** 8 servings

**Prep Time:** 10 minutes

**Cook Time:** 40 minutes

**Total Time:** 50 minutes

**Ingredients:**

1-9 inch pie crust

4 large eggs

1 and 1/2 cups whole milk

1/4 tsp. salt

1/8 tsp. black pepper

1 cup shredded sharp  
cheddar cheese

3 oz. chopped cooked ham

2 Tbsp. chopped chives for  
optional garnish

1. Preheat oven to 350°F.
2. Remove pie crust from refrigerator. If store-bought, soften according to package instructions.
3. Crack eggs into a medium bowl. Whisk with a fork until no clear streaks of egg whites remain.
4. Add milk, salt and pepper. Stir until fully combined.
5. Put pie crust into a 9-inch pie plate.
6. Sprinkle pie crust with cheese. Top with ham.
7. Pour egg mixture over cheese and ham.
8. Bake quiche on the lowest rack of the oven until it is mostly set but slightly jiggly in the middle, 35-45 minutes. If the pastry is browning too much around the top, cover it with aluminum foil.
9. Let quiche cool to a warm temperature before slicing and serving.
10. Or allow it to cool completely and then cover and refrigerate.
11. Reheat quiche by covering with aluminum foil and baking at 325°F until warmed through, about 15 minutes. Or slice it and microwave slices individually on the defrost setting for 30 seconds at a time until heated through.



# Crustless Quiche

By Christine Pittman

*Make a crustless quiche for dinner. It's easier to make, has less fat and is keto!*

A crustless quiche is simply a quiche that doesn't have a pastry shell. This makes it a bit easier to make since you don't have to make or buy pastry. It also cuts down the fat and calories of the quiche because pastry is pretty rich. Finally, you're removing the bulk of the carbohydrates from the dish, making this a low-carb, keto quiche. Sounds pretty great, right?

Other than the lack of a pastry crust, the main difference between a regular quiche and a crustless quiche is that the egg filling for a crustless quiche has to be a bit firmer. Without the pastry to keep things contained, the egg needs to be able to stand up on its own.

The other day when I showed you [how to make a quiche](#), I said that the ideal ratio of milk to egg in a quiche is 6 tablespoons of milk for every large egg. When it comes to a crustless quiche, the ratio is, instead, 5 tablespoons of milk per egg, or just about exactly 1/3 cup. For today's recipe, I've used 5 large eggs and 1 and 1/2 cups of milk.

# Crustless Quiche

Continued from previous page



**Step 1:** Preheat oven to 350°F. Get your ingredients ready. Here I've used 4 slices of crispy cooked bacon, chopped and 1 and 1/2 cups of uncooked, chopped baby spinach.



**Step 2:** Put 1 cup of shredded cheese into the bottom of a 9-inch pie plate. Top with the bacon.



**Step 3:** Top that with the spinach. Then pour in your egg mixture. Here we've got 5 eggs beaten with 1 and 1/2 cups of whole milk, 1/4 teaspoon of salt and 1/8 teaspoon of ground black pepper.



**Step 4:** I've pushed down on the spinach a bit to make sure that it's wet all over. If it's not, the dry bits that poke out can end up a bit singed. That's not a huge deal though. You can always pull out the darkened bits. Now your quiche is ready for the oven.



**Step 5:** Bake until a knife inserted into the middle comes out clean, about 45 minutes. Let it sit for 5-10 minutes before serving.

# Crustless Quiche

*Continued from previous page*

**Yield:** 6 servings

**Prep Time:** 10 minutes

**Cook Time:** 45 minutes

**Total Time:** 55 minutes

**Ingredients:**

5 large eggs

1 and 1/2 cups whole milk

1/4 tsp. salt

1/8 tsp. ground black pepper

1 cup shredded mozzarella

4 slices cooked bacon,  
chopped

1 and 1/2 cups chopped baby  
spinach leaves

1. Preheat oven to 350°F.
2. In a medium bowl whisk the eggs with a fork until there are no longer any streaks of clear egg whites.
3. Stir in milk, salt and pepper.
4. Sprinkle cheese into the bottom of a 9-inch pie plate. Top with bacon and spinach.
5. Pour egg mixture over spinach. Pat down spinach to make sure it is wet all over.
6. Bake quiche until a knife inserted in the center comes out clean, about 40-45 minutes.
7. Let rest for 5-10 minutes before slicing and serving.



## Mini Quiches in Toast Cups

By Christine Pittman

*Mini quiches are always cute but these are cuter than ever because they're baked in a toasted bread crust.*

As we thought about ideas for this egg series it was a no-brainer that we had to figure out how to bake eggs inside of toast, because what goes better with eggs than toast? You're not going to believe how simple these are, or how adorable.

All you do is take some slices of bread, cut off the crusts and then use a rolling pin to flatten them down. Cut them into rounds and then push them into a non-stick muffin tin. Put them into a 350°F oven for a few minutes to start them toasting. Whisk together your eggs and some milk with some salt and pepper.

Put some fillings into the toast cups. I've gone with mozzarella, basil and tomatoes. Then pour the whisked egg mixture over top and put the muffin tin into the oven immediately. You don't want the wet eggs to start soaking into the bread too much because that will make it soggy.

# Mini Quiches

*Continued from previous page*

Bake until the egg is set, 12-15 minutes. If desired, put them under the broiler for a couple of minutes to brown the toast a bit. Use a plastic knife to loosen the cups from the tins and then serve immediately. These are good later as well but the toast gets a bit soft.

**Yield:** 6 servings

**Prep Time:** 10 minutes

**Cook Time:** 15 minutes

**Total Time:** 25 minutes

**Ingredients:**

6 slices of bread

2 large eggs

2/3 cups whole milk

Pinch of salt

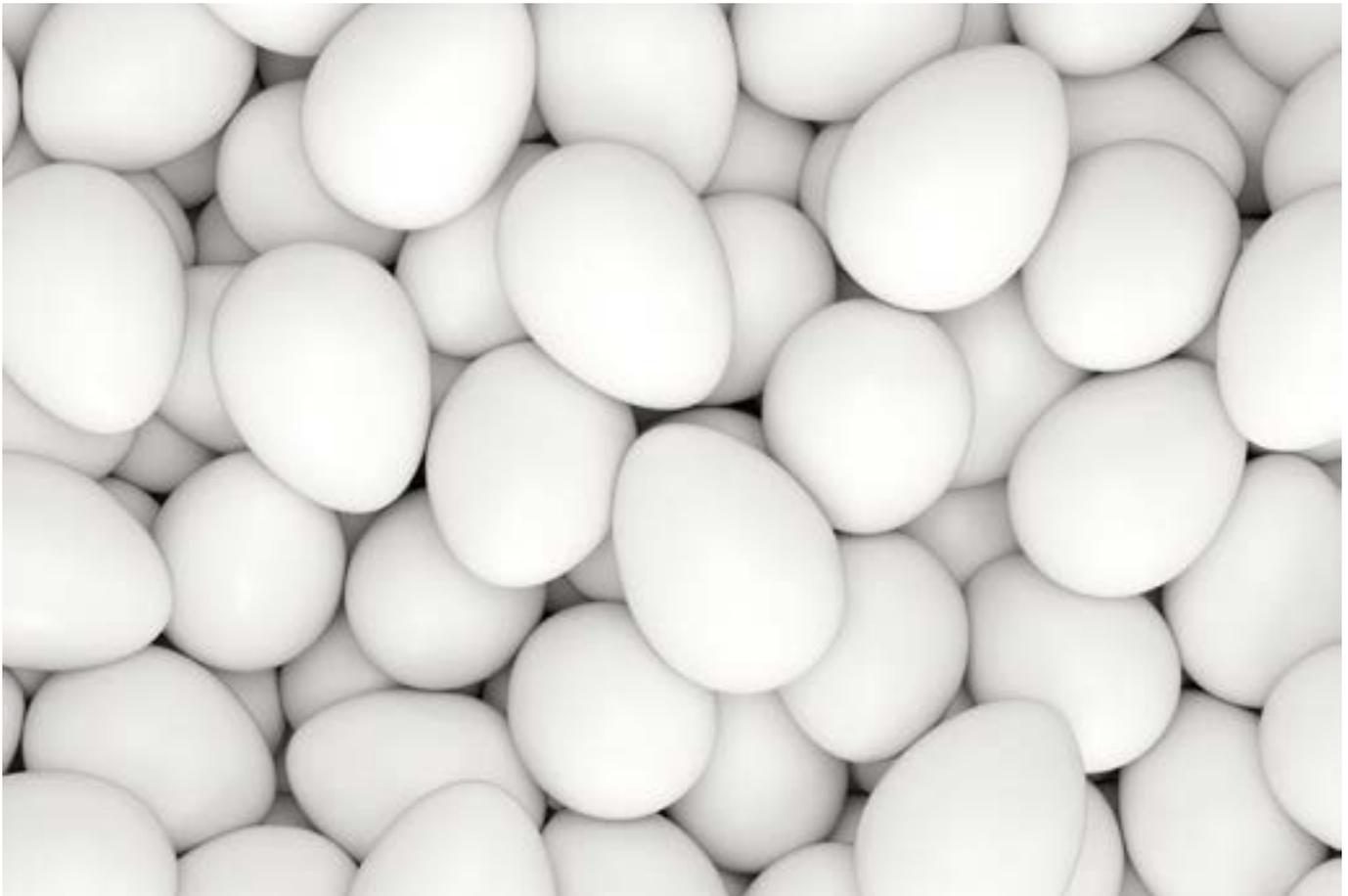
Pinch of black pepper

1/2 cup shredded mozzarella

6 fresh basil leaves

2 slices of tomato, each cut  
into 3 pieces

1. Preheat oven to 350°F.
2. Cut crusts off of bread slices and cut into rounds that are bigger than the muffin tin cups.
3. Push slices of bread into muffin tin cups. Put into oven to dry a bit, 3-4 minutes.
4. Meanwhile, whisk eggs. Stir in milk, salt and pepper.
5. Sprinkle cheese into bread cups in muffin tin. Tear a basil leaf into each cup. Top with a piece of tomato.
6. Divide egg mixture between muffin cups and immediately put into oven.
7. Bake until egg is set, 12-15 minutes.
8. If desired, turn on broil and broil the quiches until toast is browned at the top, 1-3 minutes.



# Everything You've Ever Wanted to Know About Eggs

*By Christine Pittman*

*Calling all egg lovers! Here's everything you've ever wanted to know about your favorite protein. Let's get cracking! Boo!*

Here at the Cookful we love eggs. It's one of our favorite topics. If you're looking for specialized tips and tricks on cooking and preparing eggs, you've come to the right place. Let's dive right in to some eggcellent fun facts about everyone's favorite versatile food, the egg.

## HOW CAN YOU TELL IF AN EGG IS FRESH?

If you've got some eggs that are just past the expiration date, there's a sure fire way to be able to tell if they're spoiled or not. Simply fill a glass with water and drop your egg in, fully intact.

# All About Eggs

*Continued from previous page*

If the egg sinks to the bottom, then you've got a fresh egg. If it floats, then you should throw it out immediately because it has spoiled.

## WHY DOES THIS WORK SO WELL?

Egg shells are porous by nature, meaning air can easily pass through. When an egg is fresh it means that less air has seeped in through the shell, making it less buoyant leading to it sinking. A rotten or spoiled egg will have a far higher concentration of air inside the shell, and thus it will float like a tiny white raft.

## HOW DO YOU POACH AN EGG?

I'm going to very briefly run through this process. For a more detailed look, see our guide to [Becoming a Poached Egg Expert](#).

Cover a mixing bowl with a sieve and crack your egg into it. The excess white will seep down into the mixing bowl, leaving you with a tighter well formed egg that will hold its shape better.

Lower your sieve into a pot of gently simmering water. (Barely bubbling)

Poach for four to five minutes. The longer you leave it in, the more solid the yolk will become.

Remove the egg with a slotted spoon or spatula. Serve immediately or transfer to a bowl of cold water to stop the cooking process.

## HOW DO YOU PERFECTLY CRACK AN EGG?

Cracking an egg perfectly so that it falls into a bowl without any shell shards to scoop out can be daunting. It's natural to try and crack an egg on the side of your bowl and open it that way. It's typically the way you see it done on television. But this is a recipe for disaster. You want to break the egg along the center, so that there is one clean crack, which you can then pull apart with your fingers.

This is best done on a smooth flat surface, such as a table or counter top

# All About Eggs

*Continued from previous page*

## CAN BASTING BE USED TO COOK EGGS?

It sure can! Just melt some butter in a pan over medium heat, crack an egg into a custard cup and slide the egg into the butter. Then, once the edges begin to turn white, throw in a tablespoon of water, cover the pan, and let the steam work its magic!

## HOW CAN YOU TELL IF AN EGG IS RAW OR HARD BOILED?

If you have a hard boiled egg and a raw egg, is there a way to tell which is which without cracking them? They look the same, they feel the same. There's no difference in weight. So, how can you figure out which is which?

The answer is both easy and fun. Spin them.

A raw egg will spin slower and will wobble. A hard boiled egg will be faster and more steady. Why? Because a raw egg is liquid inside, while the hard boiled egg is solid.

# How To Perfectly Crack an Egg

By Kevin Kessler

*Here we have it! How to crack an egg without getting any shell in the bowl. Ever. Learn how here.*

Since I was a child, I often found the process for cracking eggs to be frustrating. Eggs were one of the first things I learned how to cook, and I struggled endlessly with bits of shell dropping into my bowl. I don't need to tell you how frustrating it can be to try fishing a stray bit of egg shell out of a bowl of yolk.

So how does one go about cracking an egg perfectly every time? There has to be a trick to it, right? Professional chefs have it down to a science, cracking hundreds of eggs per day. While there are several ways to crack an egg, I believe one method above all others tends to work best.

When cracking an egg, it might be tempting to smack the shell on the side of a bowl, pull it apart, and dump its interior contents into said bowl. This is a recipe for disaster for most home cooks.

Why?

Cracking an egg along the lip of a bowl shatters the shell instead of breaking it. Think of your eggshell like a cell phone screen. Sometimes you drop your phone and there's just one clean line of a crack. Other times the screen totally shatters, creating hundreds of tiny shards just waiting to break off and impale your fingers. With eggs it's the same. Shattering the shell creates many more errant shell particles that can then break off and slide into your bowl. This also breaks the thin membrane surrounding the interior of the egg, allowing the shell shards to mix in.

What you want is a clean break along the center of the egg; one long crack that you can easily and cleanly pull apart with your fingers. The way you achieve this is by cracking your egg on a smooth and flat surface.

A table or countertop typically works best.

Grasping the egg in one hand, tap it on the flat surface until it cracks.

There will be a clean side to side crack and an indentation in the shell.

Place your thumbs on either side of the crack and pull the egg apart slowly.

This creates a clean break and causes any excess shell shards to stick to the membrane, rather than fall into your bowl.

# 10 Tips for Perfectly Poached Eggs

By Kevin Kessler

*Poached eggs are one of those potentially tricky things to master. Never fear! We've got you covered with 10 tips that will make you the best egg poacher in the west!*

A lot of people think there's a science to poached eggs. It's not the easiest breakfast meal to create, I'll give you that. But it's far from a science. We've discussed poached eggs before, walking you all through a series of steps in our guide to [Becoming a Poached Egg Expert](#), but there are many additional tips and tricks one can employ to poach the perfect egg.

What are they you ask? Check out these top 10 tips for perfectly poaching an egg.

## 1. BOIL THE EGG IN ITS SHELL

I know what you're thinking, why? Wouldn't that just hard boil the thing? If you left it in for a prolonged period of time, yes. But we're not talking about a long time. Instead, poke a small hole in the shell with a safety pin. Don't worry, it's small enough where nothing will escape. This releases all of the air trapped in the shell. Then, boil some water and drop your egg in for exactly ten seconds. Then remove the egg and take the water down to a simmer. This seemingly inconsequential action will allow the egg to retain its shape throughout the poaching process. Then crack it into the simmering water and off you go!

## 2. POACH THE EGG IN SHALLOW WATER

Keep about two or three inches of water in your pan. This makes it so that the egg doesn't have many places to go up or down. The end result will be a well poached egg that fully retains its shape.

## 3. USE VINEGAR

I know, the closest you've come to using vinegar with your eggs was likely using it as a base while you dyed Easter Eggs. But it actually works! Just a tablespoon or two is all you really need. This will allow the egg whites to settle far more quickly, and you'll avoid a lot of those wispy bits that sometimes wind up in the pan.

# Egg Poaching Tips

*Continued from previous page*

## 4. SIMMER GENTLY

You don't want to poach your eggs over a blazing inferno. Creating a tumultuous boil is the fastest way to rip those delicate egg whites to shreds. Even a more dramatic simmer is too much. You should see only a few bubbles breaking the surface. That's when you know you've got the perfect poaching condition. One way to ensure the water is hot enough is to boil it first and then ramp it back down to achieve said simmer.

## 5. KEEP POACHING TIMES BETWEEN FOUR AND FIVE MINUTES

How much time does it take to poach an egg? Between four and five minutes usually, if the conditions are prime. If you want a more runny yolk, keep it closer to four minutes. The closer you get to the five minute mark, the more that yolk will set.

## 6. USE FRESH EGGS

As you get closer to the expiration date of your eggs, the chances that your eggs will be poached perfectly drops exponentially. Younger egg whites hold together much better. So, if you're craving poached eggs, take a trip to the store and get some fresh eggs. It'll help the end product tremendously.

## 7. SIEVE YOUR EGGS INTO A MIXING BOWL

Place a sieve over a mixing bowl and crack your egg into it. Give it a little shake and let some of the less attached segments of your egg white fall away. This is going to help you in the long run, as those loose whites would have broken off during the poaching process, making a mess of your pan. Then, you can transfer the egg directly from the sieve into the water.

## 8. USE THE MICROWAVE

No judgement here! If you're looking to poach an egg fast, and the actual cooking doesn't appeal to you, it is possible to poach an egg in the microwave. Just crack your egg into a ramekin or a small bowl with a little bit of water, cover it, and microwave it for 30 seconds. All microwaves are different, so you might need an additional 10 seconds or so to maximum results.

# Egg Poaching Tips

*Continued from previous page*

## 9. CREATE A WATER VORTEX

This isn't easy, but it can be effective. You want to stir up the water quickly (and safely, it's hot!) until a vortex forms. Then you drop the egg into the center of the vortex, and the force of the water helps the egg to maintain its shape.

## 10. USE A POACH POD

There's no shame in admitting you need help. Eggs poached in a pod taste just as good as those cooked in a pan. You crack the egg into the pod and boil it for five minutes. It takes the guess work (and, really, the fun) out of the process and ensures success.

**So, there you have it. Ten surefire tips to help you poach the perfect egg. For a step by step tutorial, make sure you check out [our guide](#), and let us know how you did!**

# Contributors

*Many thanks to our writers for this edition of The Cookful.*



## **Christine Pittman, editor**

» [cookthestory.com](http://cookthestory.com)

Christine is the Founder and Senior Editor of The Cookful. She also blogs at COOKtheSTORY where she specializes in easy healthy homemade recipes. Healthiness aside, she has been known to shred cheese onto a dinner plate, microwave it for 30 seconds, and then eat the messy goop with a spoon.



## **Kevin J. Kessler**

Kevin J. Kessler is an experienced professional writer and published author living in Orlando Florida. With a lifelong passion for food, this sandwich loving Italian boy enjoys exploring unanswered questions about the foods we all know and love so well. Kevin's foodie lifestyle was born through his love of Walt Disney World and the Epcot International Food and Wine Festival. A lover of stories, he enjoys trying new dishes from all over the world and learning everything there is to know about where food comes from, how its prepared, and what variations on it exist.

# About The Cookful

*Do you love to geek-out over food and cooking? Then The Cookful is where you need to be.*

We cook and write about one topic at a time, diving in deep to help you cook (and eat!) better than ever. Each topic comes with How-To's, innovative recipes, and a bunch of interesting tidbits so that you can learn all about it. Some topics we've covered are Margaritas, Quick Soups and Popcorn. Head over to [The Cookful](#) to find out what our next topic is and then get ready to go off the deep end with us.



**THE COOKFUL**