

## Simple Meals

### Ways to Cook an Egg

**Eggs may be prepared in countless ways, and the ambitious cook will find much amusement in trying some of the suggestions in cookbooks. —*Girl Scout Handbook, 1920***

Some chefs claim there are more than 100 ways to cook an egg. Girls earning their Cook badge in 1925 had to learn to “properly boil, coddle, and poach eggs.” Here are two of the easiest methods:

#### Scrambled

To make a scrambled egg, first crack the egg into a bowl. A splash of milk or water will make your cooked egg fluffier.

Beat the egg with a fork until the yolk and white are combined.

Heat a little butter, oil, or cooking spray in a pan over medium heat, then pour the egg into the pan.

Once the bottom starts to become solid, gently mix with a spatula until the egg is fully cooked.

Eggs cooked for less time are “scrambled soft.” Some people like them drier, or “scrambled hard.”

#### Sunny-side up

For a sunny-side-up egg, heat a little butter, oil, or cooking spray in a pan over medium heat.

Without breaking the yolk, first crack the egg into a bowl so you can pick out any bits of shell.

Pour the egg gently into the pan.

Turn down the heat to low and cook until the white of the egg turns bright white and a film forms over the egg yolk.

If you prefer an “over easy” egg, turn it over in the pan and cook the other side, too. If you want the yolk to be “over hard,” break it with your spatula while it cooks.