



# CREAMY SCRAMBLED EGGS

## INGREDIENTS

- 3 Large Eggs (Free range if possible)
- 1 Tbsp Cold Butter
- Salt (Kosher or Sea Salt)
- 1 Tbsp Crème Fraîche (Optional)

## METHOD

1. **Whisk:** Whisk the eggs vigorously until the mixture is a single, uniform consistency.  
⇒ *Science Check:* Salt your eggs **now**. Pre-salting helps keep the eggs tender by buffering the proteins so they don't bond tightly.
2. **Cold Start:** Add butter and whisked eggs to a cold pan. Place pan over **Medium-Low** heat.
3. **Gentle Folding:** Begin folding continuously with a silicon spatula. Push from the edge to the center, sweeping the bottom. You are massaging the curds, not chopping them.
4. **Stop Point:** The eggs will gradually form small curds and the mixture will thicken to a custardy consistency. Watch for a “wet gloss” texture. Remove from the heat when they still look slightly runny as the residual heat will finish cooking the eggs in 30-60 seconds.  
⇒ *Science Check:* Stir in 1 tablespoon of crème fraîche **now**. The cold dairy drops the temp below coagulation (stopping the cooking), while the acid adds a bright, velvety finish.
5. **Transfer:** Transfer to a plate immediately. If left in the pan, the excess heat from the pan will overcook the eggs.







# FLUFFY SCRAMBLED EGGS

## INGREDIENTS

- 3 Large Eggs (Free range if possible)
- 1 Tbsp Water (Cold)
- 1 Tbsp Cold Butter
- Salt (Kosher or Sea Salt)

## METHOD

6. **Aeration Whisk:** Add eggs, water, and salt to a bowl. Whisk until bubbly. You are trapping air and incorporating the water that will turn to steam.
7. **Pre-Heat:** Heat pan over **Medium** heat. Add butter and let it foam but not burn (we want pure egg flavour).
8. **Pour & Wait:** Pour eggs in. Count to 10. Let a foundation begin to form on the bottom.
9. **Push and Pause:**
  - ⇒ *Push:* Gently shovel the cooked edge to the centre.
  - ⇒ *Pause:* Wait 5 seconds. Let liquid egg fill the gap and set.
  - ⇒ *Repeat:* Work around the pan. You are building a stack of curds.
10. **Transfer:** Remove when curds are set but still glisten slightly with a hint of moisture in the folds. Plate immediately – fluffy eggs cool down fast.

