

EGGS 10 WAYS

Getting tired of the same old breakfast?
Here are some egg-cellent ways to mix
up your eggs!



- **Sunny Side Up Eggs:** Heat oil or melt butter in a frying pan. Crack an egg directly into the pan and fry until the edges are brown. No flipping required.
- **Over Easy Eggs:** Heat oil or melt butter in a frying pan. Crack egg directly into the pan and fry until the edges are brown then flip the egg. Cooking time will depend on how runny you would like the yolk, this can range from 30 seconds to 2 minutes.
- **Over Well Eggs:** Heat oil or melt butter in a frying pan. Crack egg directly into the pan and fry until the edges are brown then flip the egg. Over well eggs are cooked until the yolk is cooked hard, cooking for another 1-2 minutes.
- **Soft Boiled Eggs:** Bring water in a pot to a boil then gently drop the shelled-eggs in. Cook for 6 minutes then remove the eggs.
- **Hard Boiled Eggs:** Bring water in a pot to a boil the gently drop the shelled-eggs in. Cook for 10-12 minutes then remove the eggs. Hard boiled eggs can be eaten once peeled from the shell or chilled and added to a variety of salads.
- **Scrambled Eggs:** Beat eggs with a dollop of milk and some salt and pepper. Melt some butter in a frying pan over low/medium heat and add in the eggs. Cook for 3-4 minutes, stirring regularly. Want to spice it up? Consider adding some cheese or extra spices like dill or chives.
- **Omelets and Frittatas:** Beat eggs with a dollop of milk and some salt and pepper and desired additions – vegetables, meats, cheeses, whatever sounds like it will hit the spot. Add mixture to a frying pan with melted butter and cook on a low/medium heat until eggs have stabilized. A frittata is left and served open faced, while an omelet is typically folded in half.
- **Poached Eggs:** In a small pot, bring water with a tablespoon of vinegar to a simmer. Gently swivel the pot so that the water creates a bit of a “whirlpool”. Crack the shell and drop the egg into the middle of the whirl pool and leave it to cook for 5 minutes.
- **Basted Eggs:** Melt butter in a frying pan over medium heat. Crack the egg into the pan and cook until the egg whites are almost set. Add in a tablespoon of very hot water then place a lid over the frying pan. Leave the lid on until the white over the yolk turns white itself, this should take about 2 minutes.
- **Baked Eggs:** Preheat oven at 325 C. Greased a small baking dish (approximately 10 oz size) and break in two eggs. Add in 1 tablespoon of milk then place in the oven and cook for 10-12 minutes.



For more in depth information, nutritional information, tips to cook eggs like a pro, or recipes to take your eggs up a notch, check out eggs.ca