

# Scrambled eggs - soft and creamy, just as they should be!

**Recipe video above.** No one should tell you how to take your eggs. But everyone should know how to make scrambled eggs well! 60 seconds, soft, creamy, custardy. Perfection!

**Scrambled egg calories** - 91 calories per egg (182 cal per serving of 2 eggs), including the butter.



5 from 28 votes

Prep Time

1 min

Cook Time

1 min

Course: Breakfast    Cuisine: Western    Keyword: scrambled eggs    Servings: 6  
Calories: 182cal    Author: Nagi

## Ingredients

- 12 eggs
- 6 tbsp milk , any fat % (optional, Note 1)
- 0.75 tsp salt
- 6 grinds black pepper
- 3 tbsp / 45g butter (or margarine or oil)

## For serving:

- 12 slices bread , toasted & slathered with butter

## Instructions

1. Use a non stick skillet or well seasoned cast iron pan (about 25cm / 10") and a rubber spatular (or flat edge wooden spoon).
2. Whisk together eggs, milk, salt and pepper.
3. Melt butter over medium heat (Note 1), then pour egg in.
4. Wait 5 seconds, then start leisurely pushing the rubber spatula back and forth in long strokes, and all around the skillet edges, to push the set egg out of the way and let raw egg run onto the skillet to cook. After 30 seconds or so, start adding some folding action too.
5. Cook for 60 seconds in total until you have a pile of soft, custardy scrambled egg folds ("curds") and no raw egg leaking on the edges of the pile.
6. Take it off the stove when it's still a bit undercooked for your taste.
7. Gently push /fold the eggs for another 10 seconds - it will finish cooking with residual pan heat - then slide onto hot toasted crusty bread slathered with butter.
8. Sprinkle with extra pepper then devour immediately! For a touch of garnish, look no further than an 80's style sprig of curly parsley. 🌿

## Notes

**1. Milk** - optional, makes the eggs a bit more creamy but you can still make wonderful scrambled eggs without.

**Cream?** Some people enjoy cream instead of milk - I find it unnecessarily rich but it's an option (same amount as milk - or halve).

**Water?** With older eggs (as some grocery eggs can be) are already watery and added water can exacerbate the wateriness. Milk works better, more consistently.

## **2. Homemade toastable bread options:**

- World's easiest crusty Artisan bread
- No yeast sandwich bread
- Irish soda bread (a no yeast bread)

## **3. TIPS:**

- Stove heat - use medium low if your stove is strong/hot.
- Use a smaller skillet if cooking less eggs. ~25cm/10" for 4 eggs, ~20cm/8" or less for 2 eggs.
- Non stick or well seasoned cast iron skillet highly recommended for ease - eggs are the ultimate food glue.
- Scrambled eggs should not be browned or crispy at all, it should be yellow and creamy all the way through.
- DO NOT viciously stir around in circles, or zig zag frantically back and forth! This will create rough, "chopped up" dried scrambled eggs, rather than soft and creamy. Use gentle, leisurely strokes.
- Use pushing / folding / turning motions with the rubber spatula so you get soft, creamy scrambled egg curds, rather than a raggedy chopped up dry pile of scrambled eggs.

**4. Nutrition** per serving (2 eggs, 1/2 tbsp butter), excludes bread.

## **Nutrition**

Calories: 182cal | Carbohydrates: 1g | Protein: 12g | Fat: 14g | Saturated Fat: 6g | Cholesterol: 343mg | Sodium: 473mg | Potassium: 145mg | Sugar: 1g | Vitamin A: 683IU | Calcium: 68mg | Iron: 2mg

Another great recipe by [recipetineats.com](https://www.recipetineats.com)