
Recipe Packet: Kick-start Your Cooking Skills

Week TWO: EGGS!

Hard and Soft Cooked Eggs

Room temperature eggs (large size) A slotted spoon
A bowl of ice water (optional)
A pot large enough to fit the eggs

For hard-cooked eggs:

Bring the water to a boil and gently lower in the eggs.
Turn the heat down to simmer.
Simmer the eggs for 9 minutes.
Transfer the eggs immediately into an ice water bath to stop the cooking process. Peel and eat or use in recipes.

For soft-cooked eggs:

Bring the water to a boil and gently lower in the eggs.
Turn the heat down to a simmer.
Simmer the eggs for 5 minutes (for large eggs). 6 for extra large, 7 for Jumbo. Transfer the eggs immediately into an ice water bath to stop the cooking process. Peel and eat or use in recipes.

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Basic Omelet

Serves 1 (or 2 to share!)

1 tablespoon unsalted butter or olive oil
3 large eggs, beaten
Fillings of your choice

Heat a 7-inch nonstick pan over medium flame with butter or olive oil. When the butter stops foaming, or when the oil shimmers, pour in the eggs and vigorously shake the pan to distribute the eggs. Use a heatproof spatula to help distribute the raw eggs.

When the eggs are set and firm, add your fillings down the center of the omelet. Fold one end over the filling, and shift the omelet down to the edge of the pan.

Transfer the folded edge to the plate, then flip the pan over to complete the fold.