

ONE

# Breakfast

- 
- Fried eggs
  - Omelette
  - French toast
  - Scrambled eggs
  - Frittata
  - Breakfast muffins
  - Breakfast pizza
  - Easy flapjacks
  - Scones
  - Pan-fried (sautéed) onions
  - Perfect mushrooms
  - Stove-top boerewors

# Fried Eggs

You get a few variations of fried eggs. Some people like a runny yolk, others not so much.

Me, I like a hard eggs so that I can remove the yolk and give it to my husband!

Serve the fried eggs on toast or just as-is, as part of your breakfast plate.

*This recipe makes two eggs.*

You will need:

- lidded pan
- oil (just enough to cover the bottom of the pan)
- 2 eggs
- salt and pepper to taste
- spatula
- small bowl



*Get it done:*

1. Preheat the pan on low-medium heat and add the oil.
2. Break the eggs one by one, first into the small bowl, just to make sure you have fresh eggs and to prevent eggs shells from falling into the pan.
3. Slide the eggs gently into the hot pan. Add salt and pepper to taste.
4. Choose how you want your egg:  
**Sunny-side-up:** Low heat. Whites are completely set, but the yolk is still runny. About 3-4 minutes. Tip: add a spoon of water to the pan and cover with the lid. The steam will cook the eggs on top.  
**Over easy:** Low heat. Yolks are runny and whites are set, flip the egg once. Cook until the whites are almost set, use the spatula and turn the eggs gently over. Cook the top of the yolk and set the whites completely.  
**Hard:** As the egg cooks, flip it over and cook until the egg yolk is set together with the egg whites. About 1-2 minutes per side, or until set completely.
5. Tips: Do not fry too many eggs at a time. Heat is the key to a perfect egg. Never use high heat. Do not attempt to flip an egg that is not set - you will end up with scrambled eggs. To cook the top of the egg, use a lid to create steam.
6. Serve immediately while still hot.

