

OLD MAN'S SCRAMBLED EGGS

I have never had much luck with eggs. I mean, they were never really bad (in most cases anyways), but they were never really, “Hey, these are pretty freaking good!” Until now, because they were pretty freaking food! These are somewhere between diner style eggs and those very soft eggs that seem to be the all the rage these days. They are probably closer to the soft side, so if that is not your bag, you have been warned!

Ya know? I think this means I should revisit other eggs soon. I am kinda curious if I can replicate similar results with sunny side up eggs next. Maybe I’ll revisit my “egg roll”, omelets, frittatas, etc. too

INGREDIENTS

Qty.	Unit	Item
3	Extra Large	Chicken Eggs
AR	-----	Kosher Salt
AR	-----	Fresh Ground Black Pepper
AR	-----	Onion Powder
AR	-----	Paprika
1/8	TSP	Accent
1/4	TSP	Baking Powder
3/4	TSP	Corn Starch
2	TBSP	Heavy Cream
1/2	TBSP	Land o’ Lakes Salted Butter
AR	-----	Capers

Eggs are a funny thing, or so I have learned. I like to us farm fresh and for this application, they are great, but may not be so great for applications where you need a nice formed yoke. Farm fresh also makes sizing a bit more difficult. While most recipes tend to baseline “Large”, I say “Extra Large” here based on the weight of the eggs I happened to have. Going by the USDA minimums and making some reasonable assumptions for maximums and averages, we have:

Egg Size	Minimum Weight per Egg (Avg) (g)	Average Weight per Egg (Avg) (g)	Maximum Weight per Egg (Avg) (g)
Jumbo	71	75	78
Extra Large	64	67	70
Large	57	60	63
Medium	50	53	56
Small	43	46	49
Pee Wee	35	39	42

But you know what? Not really a huge deal for this dish. Seasoning is not “measured” per se, so I think if you stay somewhere from Large to Jumbo, you should be fine

Insert standard disclaimer about salted vs unsalted butter here

SPECIAL TOOLS

- NONE !!!

PREPARATION

- 1) Wash, crack, and put eggs into a small bowl
- 2) Whisk eggs until yolks and whites are well incorporated and you start seeing some bubbles
- 3) Heat a 9 inch non-stick pan on lowish
- 4) Add the butter to pan and let melt
- 5) Sprinkle salt, pepper, and onion powder over eggs, add the Accent, and whisk
- 6) Whisk the heavy cream and corn starch in a 1 cup measuring cup. Make sure there are no corn starch lumps!
- 7) Whisk the corn starch / heavy cream slurry and baking powder into the eggs
- 8) Add eggs to the pan
- 9) If eggs start to cook too fast, remove pan from heat, reduce heat, the put the pan back on the heat
- 10) As the eggs start to set, scoop up the set eggs, let the uncooked eggs spread under, and placed the cooked eggs on top
- 11) Repeat step 10 until the eggs are cooked to your liking
- 12) Plate the eggs
- 13) Sprinkle over paprika
- 14) Place capers over the eggs [i]
- 15) Plate the rest of the food
- 16) Enjoy!!!

CLOSING THOUGHTS

Like I said, WOW! These eggs were good! I am now motivated to work on other egg styles.

NOTES

- i. I had originally baselined green onions for the garnish, but forgot to buy them at the store. The capers worked out REALLY well, so I changed the baseline

PICTURES

