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Perfect Scrambled Eggs

Highly nutritious, the egg is considered to be nature's perfect protein. A plateful of creamy, hot scrambled eggs is a great way to start or end the day—an easy, anytime meal that's light and very figure friendly.

4 large fresh eggs, room temperature

1 tablespoon whole milk

dash of salt and freshly ground pepper

1 tablespoon unsalted butter

Crack the eggs into a medium size bowl.

Add the milk, salt and pepper and whisk for about 60 seconds.

Heat the butter, over medium heat, in an 8 or 10 inch non-stick skillet.

Add the egg mixture just when the butter begins to sizzle.

As the eggs begin to set, gently and slowly draw a wooden spatula or spoon through the center of the egg mixture and around the sides and bottom of the pan to form large, soft curds.

Continue to cook the eggs in this manner until the eggs are thickened and no visible liquid egg remains. Do not vigorously stir the eggs during this process.

Remove the pan from the heat and place the eggs on a serving platter.

Serve immediately.

Serves 2.

Victoria Wessler