

How to Make Homemade Shake'n'Bake

*This free How To tip sheet was produced by the Cheapskates Club –
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Are you one out of the many who tried to make scrambled eggs and failed miserably? Welcome to the club! You are not alone. But, here is a sure fire way how to make scrambled eggs that won't wind up rubbery and in the garbage.

What You'll Need:

Non-Stick frying pan - size will depend on number of eggs you are using, smaller for up to 4 eggs, medium 6 - 10 eggs, large for more than 10 eggs

Wooden Spoon or Spatula

Fork

Bowl

Plate

Ingredients:

2 to 4 Eggs – Note: 2 eggs per person

1 tbsp butter or Cooking Spray

Milk

Salt and Pepper

Method:

Place your frying pan on the stove and turn gas to medium heat. Take the stick of butter and grease the pan. You can also use cooking spray if you'd prefer.

Take two eggs and gently crack them into the bowl. Add salt and pepper to taste. Add two tablespoons of milk. Beat the eggs with a fork until smooth. Ensure that the yolks have completely separated. The added milk gives a lighter texture to the eggs.

As soon as you hear the sizzling of the butter in the pan, add the beaten eggs. Take the wooden spoon or spatula and begin to gently stir the eggs, ensuring that you run your spoon or spatula around the edges of the eggs, moving them towards the middle of the pan. Keep stirring until the eggs are set around the edges but still soft in the centre. Turn the heat off, cover the pan and let the eggs sit for two or three minutes while you make some toast. The heat from the pan will continue to cook the eggs. With the spoon, take the eggs out of the pan and place them on the plate. They will be light and fluffy, not rubbery and tough. Eggs can be cooked either well done or slightly runny, depending upon your preference. To ensure proper consistency, lower the gas if you need to.

Note: Never use anything other than a wooden spoon or spatula when cooking with a non-stick pan. Using metal will scratch the inside of the pan and remove the Teflon.

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and energy and still have fun!*
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