



FREE RANGE SCRAMBLED EGGS WITH MIXED HERBS

Season: Any
From the garden: Fresh herbs, e.g, flat-leaf parsley, chives, sage, basil, thyme, mint
Type: Breakfast dish
Difficulty: Easy
Serves: 6 adult serves or 30 small tastes (divide ingredients by 3 to serve 2 adults)
Source: Adapted from 3 recipes:

<https://www.marthastewart.com/1115020/scrambled-eggs-mixed-herbs>

<http://www.bite.co.nz/recipe/8543/Scrambled-eggs-for-one/>

<https://www.incredibleegg.org/recipe/basic-scrambled-eggs/>

Equipment

- Medium bowl
- Egg whisk
- Non-stick frying pan
- Spatula
- Chef's knife
- Chopping board

Ingredients

- * 1 doz regular eggs (or approx 18 Bantam eggs)
- * $\frac{3}{4}$ C milk
- * 2 Tbsp butter (or equivalent of good quality olive oil)
- * Salt and pepper to taste
- * Equivalent of $\frac{1}{4}$ cup coarsely chopped mixed fresh herbs such as sage, basil, thyme, flat-leaf parsley and mint.

Method

NB - (A) = Adult assistance required

1. Wash herbs and pull the leaves from the stalks. Put stalks in compost. Finely chop the leaves and set aside.
2. Crack the eggs into a large bowl (place the shells in the compost). Beat eggs, milk, salt and pepper in medium bowl until blended. There should be no lumps and the white should be perfectly incorporated with the yolk.

3. **(A)** Heat butter in large nonstick frying pan over medium heat until hot. Let the butter run around the pan so it is well coated.
4. Pour in the egg mixture. Constantly lift and scoop around the edges and cut through the middle of the egg mixture so that the egg does not have time to set. Eggs don't take long to cook so don't leave them at any time.
5. Mix the herbs through. Continue cooking – pulling, lifting and folding eggs – until thickened. Do not stir constantly. When the eggs are glossy (and still slightly runny), take them off the heat as they will continue to cook from their own warmth and the remaining heat of the pan.
6. Serve immediately.

Notes: When cooked, scrambled eggs need to be moist and silky. If overcooked they take on a rubbery texture. To avoid overcooking you often need to pull the pan off the heat while the eggs are still a little runny — the French use the term “baveuse” to describe this texture. The eggs will continue to cook from their own warmth and the heat of the pan.

Skills: Whisking, using sight to determine readiness, using a spatula to pull, lift and fold egg mixture, taking care around hot pan.