Scrambled Eggs

Three eggs, a little cream and a slow sweep of the pan make a generous breakfast.



SERVES 1 / SMALL FRYING PAN

Prep 3 min · Cook 3–5 min

Ingredients

3 eggs

20 ml pouring cream

20 g butter for the pan

To finish, 10 g cold butter or 20 ml extra pouring cream

Salt and black pepper to taste

In the kitchen

1. Beat

Whisk the eggs with the cream and a pinch of salt until the white and yolk are blended.

2. Stir

Melt the butter over low heat. Add the eggs and keep sweeping the bottom and sides of the pan.

3. Finish

Once the curds are set all the way through, stir in the cold butter or extra cream off the heat. Serve straight away.

KOOK'S SECRET

Watch the rim of the pan. The egg sets there first, so bring it back into the middle with each sweep.

Scrambled Eggs

The full method

01 **Beat the eggs**

Break the eggs into a bowl. Add the cream and a small pinch of salt. Whisk with a fork until the last streaks of egg white disappear. Have a warm plate ready.

02 **Melt the butter**

Set a small frying pan over low heat. Swirl the 20 g butter around the base. As soon as it melts, pour in the eggs.

03 **Gather the curds**

Stir continuously with a wooden spoon or silicone spatula. Sweep across the bottom and around the rim. When the eggs start to catch, lift the pan off the heat for a moment and keep stirring.

04 **Finish and serve**

When the curds are set throughout and no liquid egg runs into the path of the spoon, take the pan off the heat. Stir in the cold butter or extra cream. Taste for salt and pepper, then slide onto the warm plate.

FROM MARK'S KITCHEN

Put the plate beside the hob before you crack the eggs. A hot pan can keep cooking breakfast while you look for a plate.