Fried Eggs
Sunny Side Up or Over Easy

Tip before you start
Although the name “fried eggs” implies cooking eggs over high heat, the surest and easiest way to cook fried eggs is over low-medium heat in a covered pan as shown in this recipe.

Cooking Time: 10-20 minutes depending on desired “sunny side up” or “over easy” egg doneness.

Ingredients

1-2 Eggs per person (no cooking or flavor difference between brown and white eggs)
Butter, Margarine or Oil (Olive, Canola or Vegetable)
Salt & Pepper (optional)

Equipment

10 – 12 Inch Frying Pan with Top (you can improvise a top as shown in step 6)
Small Bowl – if you’re not used to cracking eggs (makes removing broken egg shell pieces easier as shown in step 2)
Spatula
Table Knife
1. Put the frying pan on the stove (1) and turn on the burner heat to LOW MEDIUM (2) – (As shown below, I’ve barely turned on my burner to “2” on a stove with a 1 (LOW heat) to 10 (HIGH heat) scale.)

(1) (2)

2. If you’re comfortable cracking **eggs** directly into a hot pan, skip to step 3. Otherwise, break 1 to 2 **eggs** into a bowl as shown in steps (1) and (2) below.

(1) Hold the **egg** snugly in your hand and tap it just hard enough against a firm (preferably rounded) surface, like the sink edge as shown, to crack the egg shell.

(2) Use your thumbs to push in the cracked area as shown and break the membrane. Then gently pull apart the shell to release the **egg white** and **yolk** into the bowl.

If necessary, remove any broken shell pieces from the bowl like the one shown below by…

3. Let the pan heat (this should take 2-5 minutes) until tap water (1) flicked from your fingers onto the pan surface (2) evaporates with barely a sizzle. (If the water sizzles and evaporates as soon as it hits the pan, remove the pan from the heat for a few minutes to let it cool. Turn down the burner heat a few notches and heat the pan again. If the pan is too cool, either let it keep warming or, if you let it warm for 5 minutes or longer, turn up the burner heat another notch, wait a few minutes and test the pan again.)

(1) Wet your fingers with cool tap water.

(2) Flick the water into the pan (without touching the pan surface). The water should evaporate with barely a sizzle.
4. To avoid **greasy fried eggs**, add either just enough **butter, margarine** or **oil** as shown below. Then...

**Butter or Margarine**

rub knife against pan edge

or

...swirl the **butter, margarine** or **oil** in the pan by rolling your wrist as shown in (1) and (2) below until...

(1)  
(2)

...pouring them from the bowl as prepared in step 2 (don’t worry if the **egg yolk** breaks as shown in the inset – the **eggs** will cook and taste fine).

**Oil**

...coating the pan bottom evenly as shown here.

butter or margarine

oil

5. Add the **eggs** to the heated pan by either cracking them directly into the pan or...

6. Cover immediately with the pan top. If your pan doesn’t have a matching top (like mine doesn’t), you can either use a universal top like the one shown below (looks like a UFO but fits any pan up to 12 inches in diameter) or...

**Tip** – If the melted **butter, margarine** or **oil** pools when the pan is tipped as shown in (1) below, **carefully** remove the excess with a fat wad of paper towel as shown in (2). (DO NOT pour the **hot butter, margarine** or **oil** either directly down the sink (this will clog your drain pipe) or into a trash can (hot fat can melt through trash can liners.).)

(1)  
(2)
7. Keep the pan covered and cook as follows according to whether you want **eggs sunny side up** eggs (steps (1) – (3) below) or over easy (steps (1) – (6) below)

(1) Cook for 4-7 minutes until the **egg white** is firm enough on top as shown so that it does not wet the edge of a table knife with **uncooked egg white**.

(2) If necessary, separate the eggs from each other by cutting the **egg white** with a table knife.

(3) Carefully slide the leading edge of the spatula under one **cooked egg** at a time. Lift the egg as shown and either put it on a plate if you’re having the **eggs sunny side up** or,…

(4) …for **over easy eggs**, flip each egg as shown “sunny side” down,…

…cover again with the pan top and…
(5)…cook for another 1-2 minutes until the eggs look about like this.

(6) Lift the cooked eggs out of the pan onto a plate.

8. Eat sunny side up or over easy fried eggs as is or with salt and/or pepper (optional) to taste.

9. Cleaning Tip – To make clean up as easy as possible, squirt a shot of dish detergent onto the warm pan surface, add water as shown and...

...clean the pan when it cools with a sponge (a) or dish brush (b) as shown below.