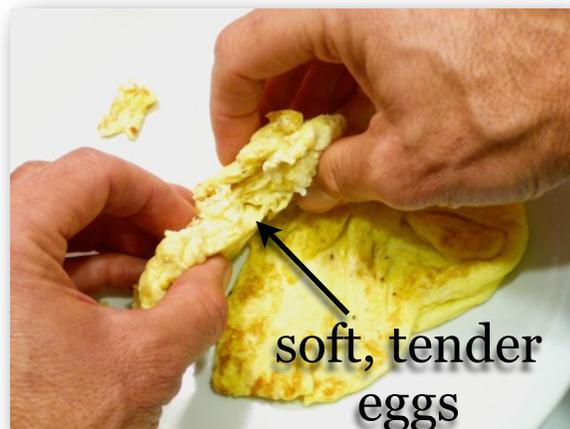


# Microwave Cooked Scrambled Eggs



## TIPS:

1. Cooking **scrambled eggs** in the microwave oven is the fastest and easiest way to make **scrambled eggs**.
2. **Salt & Eggs:** Adding just a small amount of **salt** to the **eggs** *before* cooking them as shown in step 3 not only enhances **scrambled egg flavor**, it also ensures the **eggs** will turn out soft and tender as shown in the left photo below. **Eggs** cooked without **salt** tend to be tough and rubbery as shown in the photo on the right below.



**Preparation Time:** 5 minutes

**Ingredients**  
(per person)

**Cooking Spray**

**1-2 Eggs**

**Milk** (optional - makes the cooked eggs slightly more tender)

**Dash of Salt**

**Ground Black Pepper** (optional)



## Equipment

Microwave Oven Safe Bowl

Fork

Potholder or Dishtowel

Microwave Oven



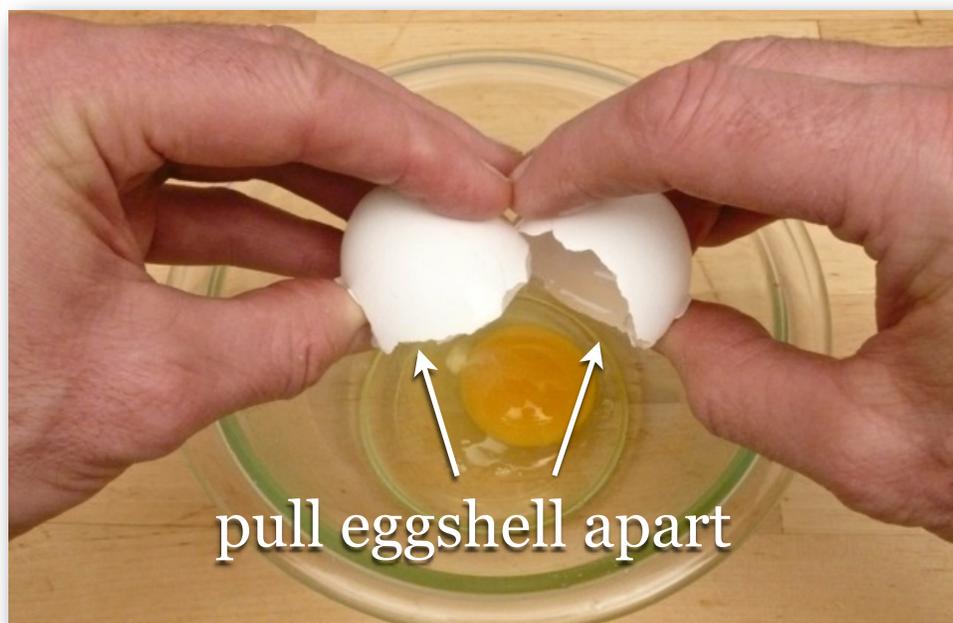
1. Spray the inside of a *microwave safe bowl* with a light, even coat of **cooking spray**.



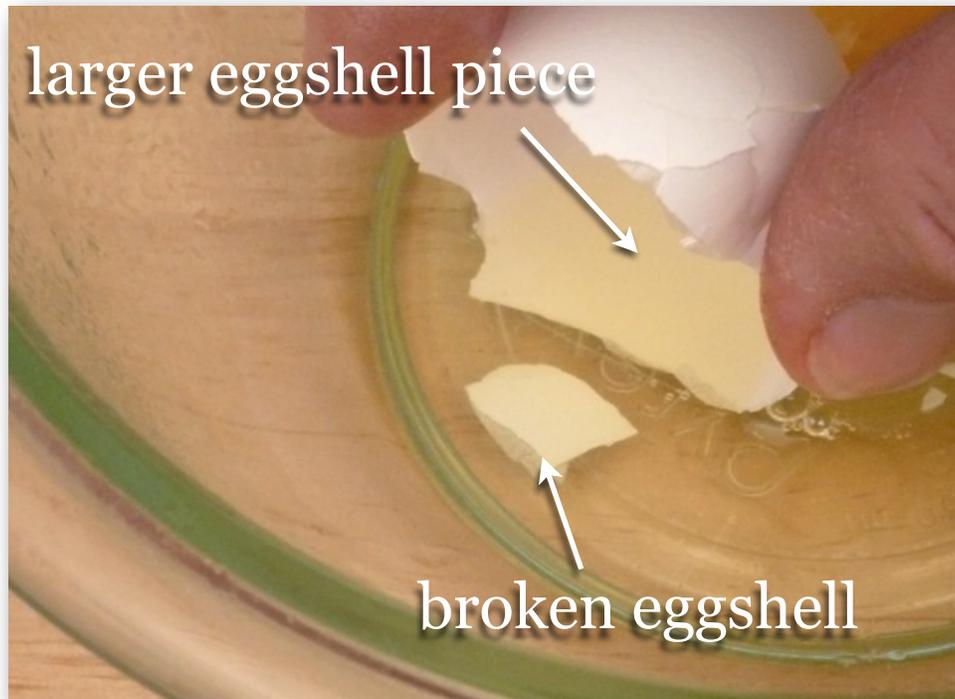
2. Break **1-2 eggs**, one at a time, by holding each **egg** snugly in your hand and tapping it just hard enough on a firm (preferably rounded) surface, like the countertop edge as shown, to crack the **eggshell**.



Use your thumbs to push in on the **crack in the eggshell** to break the **membrane** while gently pulling the **eggshell** apart to release the **egg white** and **yolk** into the bowl.



If necessary, remove any **broken eggshell pieces** from the bowl by using a **larger eggshell piece** to attract and scoop up the **smaller piece(s)**.



3. Add a **light dash of both salt** and **ground black pepper** (optional) and...



...a **splash of milk** (optional - **milk** makes the **cooked eggs** slightly more tender).



4. Stir the **eggs** vigorously with a fork until the **egg yolks** and **whites** are well mixed together.



5. Put the bowl in the middle of the microwave oven, and cook for about 1 minute and 20 seconds using your microwave oven's 100% POWER or HIGH heat setting. **NOTE:** I used a 1200-watt microwave oven to cook these **eggs**. Cooking time will vary depending on your microwave oven watt power.



6. After cooking, use a potholder or folded dishtowel to remove the bowl from the microwave oven, and check for **SCRAMBLED EGG DONENESS** as shown in the pictures that follow.



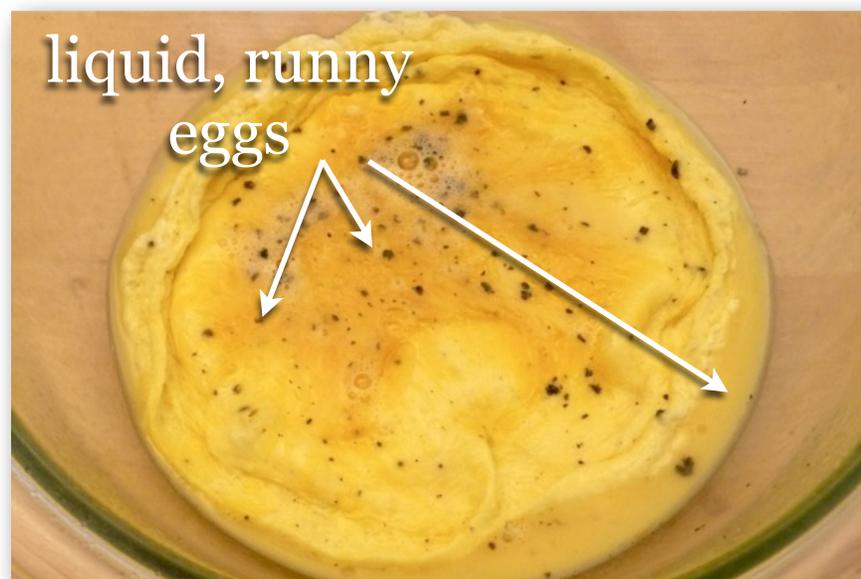
## SCRAMBLED EGG DONENESS

**Scrambled eggs** are safely cooked when they are solid throughout but still tender to the touch with no runny liquid as shown here. If, however,...



**Safely Cooked Scrambled Eggs**

...your **eggs** are undercooked - still runny and wet - as shown in the following picture,...



**Unsafe, Undercooked Scrambled Eggs**

...keep cooking them in the microwave oven and checking for doneness at 20-30 second intervals until the **eggs** look as shown in the **Safely Cooked Scrambled Eggs** picture above.

7. Either have the **freshly cooked scrambled eggs** right out of the bowl (makes cleanup a lot easier), or use a fork to loosen and slide the **cooked eggs** from the bowl onto a plate and serve warm.



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