**Egg Cookery:**

Protein cookery applies. Cook on low to medium heat, and do not overcook.

**Boiled Eggs**

Use 1 egg. In a pot, cover egg with cold water at least ¼ inch above the egg. Bring water to a boil. Then turn off the heat and cover with the lid. Let stand 15min. Drain off water. Remove egg and place immediately under cold running water from sink. When cool, shell the egg, and cut in half, make sure you do not have a green, gray ring around the yolk. If you do, you did not cool down the egg quick enough.

**Poached Eggs**

Use 1 egg. Bring water to a soft boil in a saucepan. Add approximately 15 ml of vinegar to the water. The acidic vinegar helps the egg white to coagulate quicker. Crack egg into a custard cup. Swirl the water in the pot before lowering the egg from the custard cup into the hot water. Cook until the desired texture or doneness is achieved. Make sure the water is not boiling too hard. Keep it to a simmer. Soft poach eggs take approx. 3-4min, and medium poached is 4-5, and hard poached is 6-7min. Use a slotted spoon to lift the egg out of the water.

**Fried Eggs**

Use 1 egg. Melt 3ml of margarine in skillet or use the cooking spray. Break egg into skillet being careful not to break the yolk. Cook uncovered with heat on MED/LOW (4-5) until the white sets. You can have your egg sunny side up or you can turn the egg over with the flipper and cook until the yolk sets. If wanting a sunny side up egg, you do not flip; instead you cover with a lid, after 1 minute add 5ml of water. Cook for about 3-4min. or until yolk is set.

**Scrambled eggs or simple omelet**

Use 1 egg. Practice cracking the egg and separating the white from the yolk. Whisk the egg well until light and fluffy. Season with salt and pepper. Add 5ml of either water or milk. Melt margarine in skillet. Cook in skillet on MED/LOW heat, while moving the egg in a back and forth motion, lifting the egg up off the bottom and turning over in a repetitive motion. Do not over mix or over cook.

Simple omelet- use one egg. Mix in 5ml of milk or water, and salt & pepper. Melt margarine in skillet. Cook in skillet on MED/LOW heat, Pour egg mixture into skillet and let the egg set. Lift the edge of the cooked mixture with a spatula, allowing uncooked portion to flow underneath. Continue cooking until the omelet is set, but still moist on the surface. Fold half of the omelet over top any extra ingred. (not in this case). Continue cooking until completely set. Serve immediately.