

Soft-Scrambled Eggs



BY ANDREW M. MALEC

Since my son was a young boy, he has told me that I make the best scrambled eggs. In fact, he will only eat them if they are prepared by “Dad.” Scrambled eggs are easy to make, yet so often the eggs are not prepared properly. Have you ever ordered scrambled eggs at a restaurant and were disappointed? Oftentimes, the eggs are hard, overcooked, and sometimes browned which results in a disappointing meal. This does not have to be the case. Applying proper technique,

care, and patience will yield delicious soft-scrambled eggs.

There are many ways to prepare scrambled eggs. The cooking method that I am going to describe consistently produces soft-scrambled eggs. First, start with a cold non-stick coated pan and add some olive oil (about a tablespoon for about three eggs). I have found that using olive oil instead of butter will ensure fluffy and moist scrambled eggs. Second, crack your eggs and add them to the cold pan that is already coated with

the olive oil. By adding the eggs to a cold pan, you will ensure even distribution of heat in cooking the protein. Third, whisk the eggs incorporating the egg whites and yolks evenly. You do not need to use a whisk—a fork or chopsticks work very well. I actually prefer using chopsticks to break the yolks, then whisk the eggs with the chopsticks—it is a great versatile utensil to have in the kitchen. Next, season your eggs and give it a mix. I typically season with salt, pepper, and shredded cheddar cheese. In preparing the dish for this article, I also incorporated some parsley and dill for additional flavor and color. Finally, we are ready to cook the eggs!

The trick to making good scrambled eggs is “low and slow.” This protein does not like high heat! In fact, using high heat will cause the eggs to cook unevenly, produce hard eggs, and can lead to burnt eggs. So, over a low to medium heat, start cooking your eggs. Be patient! I usually wait about one minute, then slowly stir the eggs with a rubber spatula. Keep stirring while the curds form. If the eggs start cooking too quickly, just remove the pan from the heat while stirring then resume cooking when you have reduced the temperature of the pan. Once the eggs are almost done, remove the eggs from the stove and plate. The residual heat will continue to cook the eggs. You should now have creamy soft, scrambled eggs. Enjoy!



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