

TAKE A BITE OUTTA LIFE!®

# EveryDay

with Rachael Ray®

THE BREAKFAST ISSUE!

MARCH 2014

news & how-to's | **HOT TOPIC**

EVERY DAY WITH

RACHAEL RAY'S...

## SCRAMBLED EGGS ODYSSEY

IT'S SUCH A SIMPLE DISH. OR IS IT????

WHEN A DOZEN OF THE COUNTRY'S BEST CHEFS RECOMMEND 12 DIFFERENT WAYS TO MAKE THE PERFECT SCRAMBLED EGGS, IT TAKES ONE INTREPID FOOD EDITOR TO SORT OUT THE METHOD YOU SHOULD USE.

WRITTEN BY KATIE BARREIRA REPORTING BY RACHEL WHARTON ILLUSTRATED BY LUCY KNISLEY

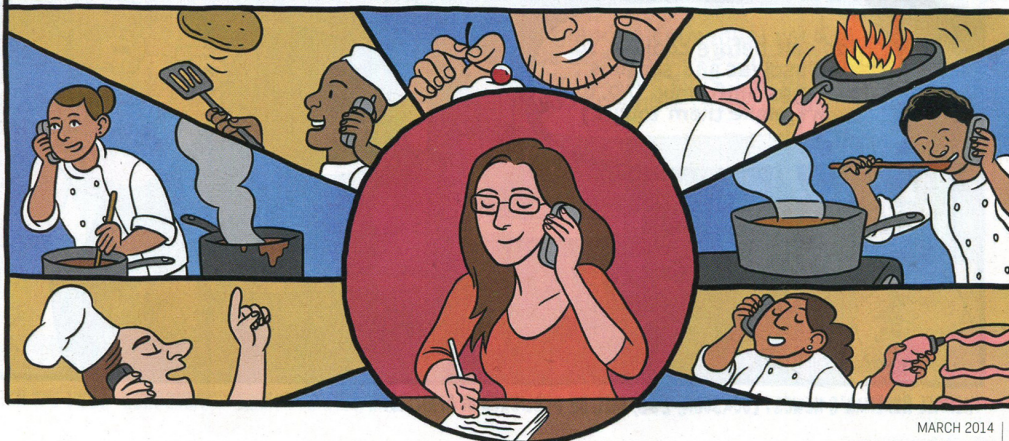
ONE SUNNY MORNING, THE EVERY DAY WITH RACHAEL RAY EDITORS GATHER TO BRAINSTORM IDEAS FOR THE SPECIAL BREAKFAST ISSUE.



WHEN THE TOPIC OF EGGS COMES UP, A HEATED DEBATE BREAKS OUT. EVERYONE HAS HER OWN WAY (THE ONLY WAY!) TO ACHIEVE SCRAMBLED-EGG SUPERIORITY.



TO SETTLE THE QUESTION ONCE AND FOR ALL, IT IS DECIDED THAT FOOD EDITOR KATIE BARREIRA WILL CONSULT TOP CHEFS ACROSS THE LAND.







FIVE DAYS, 20 CARTONS OF EGGS AND COUNTLESS DIRTY SKILLETS LATER, KATIE AND THE EDWRR FOOD TEAM HAVE UNLOCKED THE SECRET TO THE ULTIMATE SCRAMBLED EGGS. AND NOW THEY CAN SHARE THOSE SECRETS WITH YOU...

### *The Ultimate Scrambled Eggs*

1. CRACK 8 FARM-FRESH OR ORGANIC EGGS INTO A MEDIUM BOWL.

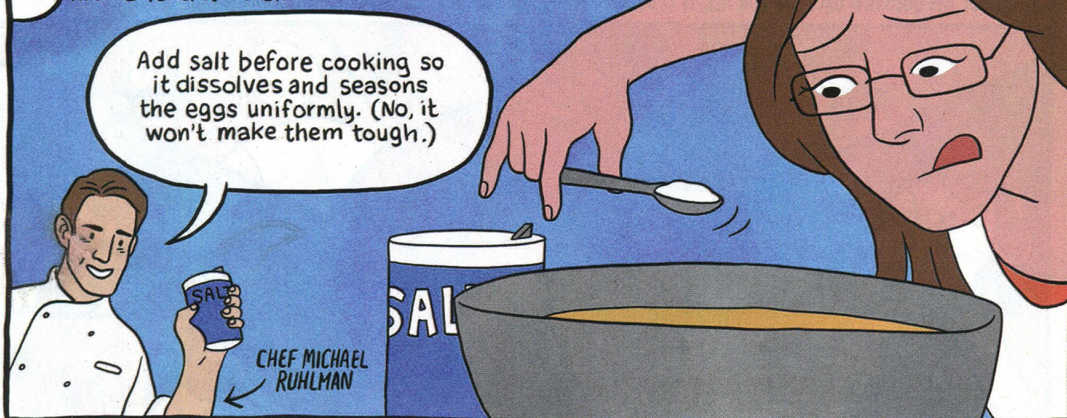


Many chefs add liquid, but we liked the eggs plain.

I don't add anything. I like the pure egg flavor on its own.

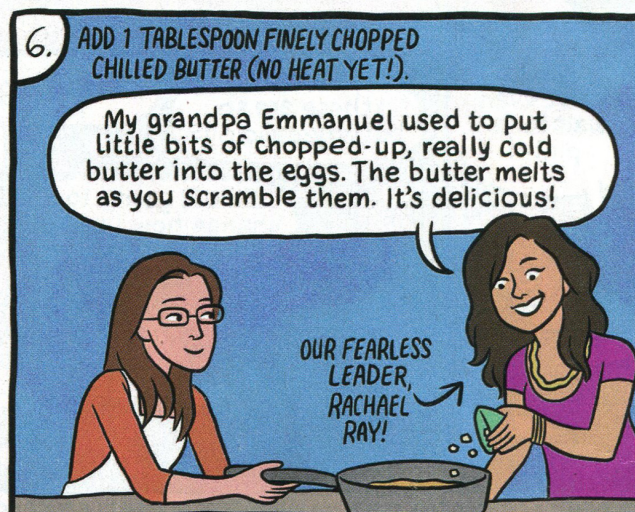
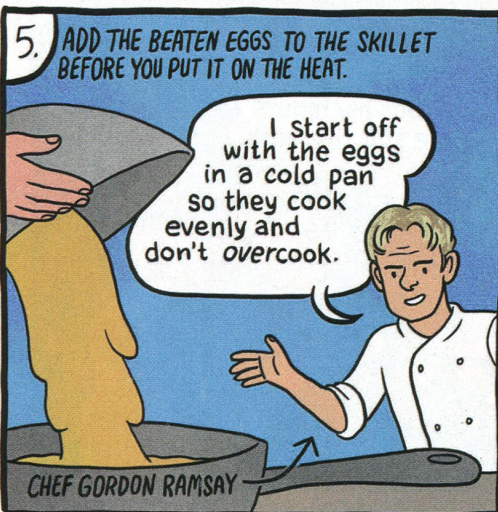


2. ADD ½ TEASPOON SALT.



MICHAEL RUHLMAN'S NEWEST COOKBOOK, *EGG*, WILL BE PUBLISHED IN APRIL 2014.





WATCH THE VIDEO: [GORDONRAMSAYSRECIPES.COM/03/11](http://GORDONRAMSAYSRECIPES.COM/03/11)



**7. OVER MEDIUM HEAT, STIR THE EGGS WITH A SILICONE SPATULA UNTIL THE BUTTER MELTS, ABOUT 2 MINUTES.**

A wooden spoon won't clean the sides of the pan, and the egg that sticks will overcook.

A silicone spatula helps achieve a more consistent scramble.

**CHEF MICHAEL MINA**

**8. ONCE THE BUTTER MELTS, BEGIN TO SCRAPE THE COOKED EGGS TOWARD THE CENTER OF THE PAN.**

**CHEF FRANK MCMAHON**

Gently push the eggs back and forth like a snowplow, creating piles of fluffy egg mounds.

**9. AFTER ABOUT 1 MINUTE AND 30 SECONDS, WHEN LARGE CURDS FORM BUT A GOOD AMOUNT OF RUNNY EGG REMAINS, REMOVE THE PAN FROM THE HEAT.**

Remember, they'll keep cooking even after they're off the stove.

**CHEF ELIZABETH FALKNER**

**10. ADD 1 MORE TABLESPOON OF CHOPPED COLD BUTTER. GENTLY FOLD THE EGGS UNTIL THE BUTTER MELTS AND THE EGGS ARE COOKED BUT STILL SHINY AND MOIST, ABOUT 5 SECONDS.**

**CHEF LUDO LEFEBVRE**

Cold butter slows the cooking and adds creaminess.

*Serve immediately!*

Yum! I can't even wait for a plate!

Wow, these are so buttery-delicious.

These are good... ..but my mom's are still the best.

This is going to change how I make eggs forever!

TO SEE EACH CHEF'S FULL METHOD FOR SCRAMBLED EGGS, GO TO [RACHAELRAYMAG.COM/SCRAMBLED](http://RACHAELRAYMAG.COM/SCRAMBLED)