

Narration: Scrambled eggs one of the most popular breakfast dishes in North America. They are a versatile and quick breakfast option, and their simplicity makes them a great choice for beginners and busy mornings. They can also be easily customizable to one's own taste buds.

Title Slide: “ How to make scrambled eggs” **Music:** None



Narration: Display and name the ingredients (eggs, butter, salt, pepper, fillings like cheese and veggies)

Title Slide: NONE

Music: None



Narration: Tap the egg gently on a flat surface to create a crack. Open the egg by applying slight pressure with your thumbs. Hold the egg over the bowl with the crack facing upward and let the contents fall into the bowl. Check for shell fragments and remove any if necessary

Add seasonings if desired but can be done at the end. Whisk the eggs with a fork, whisk, or beater, ensuring you incorporate both yolks and whites. Stop whisking when the yolks and whites are fully blended and you have a uniform mixture. Avoid overbeating to prevent tough, rubbery eggs

Title Slide: NONE

Music: None



Narration: Heat the non-stick pan over medium heat. Adding a small amount of oil to a hot pan is important to prevent sticking when cooking eggs. The oil creates a non-stick surface, ensuring that the eggs slide easily in the pan and don't adhere to it, making for easier cooking and better texture.

Then pour the homogenous egg mixture in.

Title Slide: NONE

Music: None



Narration: Allow the eggs to sit for a moment without stirring to let them set slightly on the bottom. Then, use a spatula to gently push the cooked edges towards the center. Keep gently stirring and pushing the eggs from the edges to the center as they cook. This creates soft, fluffy curds.

Title Slide: NONE

Music: None



Narration: Taste the eggs and adjust the seasoning if necessary. If you like, add shredded cheese, chives, or herbs at this point for extra flavor.

Remember that scrambled eggs can go from perfectly creamy to dry and rubbery very quickly, so it's essential to keep the heat low and stir gently. With practice, you'll be able to adjust the cooking time to achieve your preferred level of doneness.

You can serve these eggs with any other breakfast foods and feel free to experiment with the toppings and flavors in your eggs.

I hope this video inspires you to get more into the kitchen and feel confident in doing so.

Title Slide: NONE

Music: None

