

Scrambled Eggs (Oeufs Brouillés)



Scrambled eggs in French are creamy soft curds that just hold their shape from fork to mouth. Their preparation is entirely a matter of stirring the eggs over gentle heat until they slowly thicken as a mass into a custard. No liquid or liquid-producing ingredients such as tomatoes should be beaten into them before cooking, as this is liable to turn them watery.

Servings: 4-5

Step 1:

A fork or a wire whip

8 eggs or 7 eggs and 2 yolks

A mixing bowl

¼ tsp. salt

Pinch of pepper

Beat the eggs in the bowl with the seasonings for 20-30 seconds to blend yolks and whites.

Step 2:

2 tablespoons softened butter

A heavy-bottomed, enameled, Pyrex, earthenware, or stainless-steel saucepan or skillet 7-8 inches in diameter. Depth of eggs in pan should be 2/3 to 1 inch.

A rubber spatula, wooden spoon, or wire whip.

Smear the bottom and sides of the pan with the butter. Pour in the eggs and set over moderately low heat. Stir slowly and continually, reaching all over the bottom of the pan. Nothing will seem to happen for 2-3 minutes as the eggs gradually heat. Suddenly they will begin to thicken into a custard. Stir rapidly, moving pan on and off heat, until the eggs have almost thickened to the consistency you wish. Then remove from heat, as they will continue to thicken slightly.

Step 3:

1 ½ to 2 tablespoons softened butter or whipping cream

A warm buttered platter

Parsley sprigs

Just as soon as they are of the right consistency, stir in the enrichment butter or cream, which will stop the cooking. Season to taste, turn out onto the platter, decorate with parsley, and serve.

(*) The eggs may be kept for a while in their saucepan over tepid water, but the sooner they are served the better.