



Perfect Fried Eggs Recipe

Adapted from: whatscookingamerica.net

Prep Time: 5 minutes

Cook Time: 5 minutes

Yield: makes 1 serving

Ingredients:

1 fresh large egg*

Olive Oil Cooking Spray or 3/4 tablespoon Ghee (clarified butter)

Salt and freshly-ground black pepper

* Use the freshest and best eggs you can find. When frying more than one (1) egg at a time, add eggs all at once. Crack eggs into small bowls and add them to the skillet.

Instructions:

Preheat the frying pan. Place a small non-stick frying pan over the lowest possible heat on your stove (if using gas, you should barely see the blue flame).

Add the butter and let slowly melt, making sure it does not foam and is not sizzling. When all the butter has melted, crack the egg into a small bowl, dish, or saucer (taking care not to break the yolk and to remove any shell fragments).

Frying the egg:

Gently slide the egg out of the dish into the frying pan and cover with a lid. **The lid traps heat and steam so that the egg cooks from above as well as below.**

Continue cooking, approximately 5 minutes, until the egg white solidifies from transparency into snow-white cream; **the yolk will thicken slightly as it heats.**

How quickly the egg cooks is dependent on how low you have the heat. Do not flip the eggs but leave the egg sunny-side up and natural.

When your egg is done, slide cooked egg onto a serving plate. Sprinkle with fresh cracked pepper, salt, and serve.