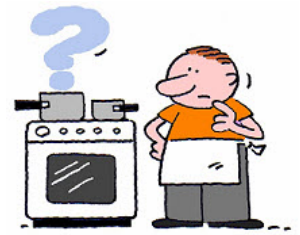


Scrambled eggs



Method

- Remember to take the eggs out of the fridge 20 minutes before you want to cook them
 - Use good-quality fresh large eggs and allow two eggs per person (or three if you are hungry)
 - Break each egg into a tea cup and then transfer into a larger bowl, removing any unwanted shell
 - Season with salt and pepper, and a table spoon of milk and whisk together
- Place a small saucepan onto a gentle heat to warm. Add a knob of butter (approx. 10g) and allow to melt
 - When the butter begins to bubble, pour in your beaten eggs and stir constantly using a wooden spoon. Keep scraping the sides and bottom of the saucepan
 - When the eggs begin to set, remove from the heat and add a tablespoon of double cream. Return to the heat and stir until the eggs are lightly set
 - Serve immediately



You could add some salmon or sun-blushed tomatoes for a change

