

Heat and Agitation

So now we get to the most important decision when scrambling eggs: the scrambling technique itself. There are endless possible variations, but I'm going to break it down into three overarching groups with links to their recipes/techniques: very soft and loose eggs with barely perceptible curds (i.e., fancy-French-restaurant scrambled eggs); soft-scrambled eggs with small, delicate curds; and dry, fluffy eggs with large curds (see recipe below).

Two factors determine which of the three types you'll end up with: your method of agitation and how hot the pan is.

While I prefer softer scrambled eggs, a lot of people like their eggs cooked a little harder, with big, fluffy, diner-style curds. If this is your chosen scramble, start by melting butter in a nonstick skillet. Medium-high to high heat is our best bet here.

Once the butter is hot and foamy, we're ready to roll.

Once again, we scramble with a silicone spatula, though this time it's okay if we don't break the curds up as much. Big, fluffy sheets should start forming pretty quickly on the bottom of the pan.

We just keep cooking, stirring those curds, until the last traces of wetness disappear. The eggs come out drier (though hopefully not dry), with curds that don't necessarily all stick together. They should be fluffy, with a springy bite. Add ketchup if you must.

Herbs, Vegetables, and Solid Add-Ins

Once you've mastered your ideal scrambled eggs, you may start to wonder about adding cheese, herbs, or vegetables.

For the most part, we want to add anything solid near the end, just before the eggs are done. That way, the add-ins can be incorporated and warm up or melt without interfering with the eggs. Vegetables that release water, like mushrooms, should be fully cooked first, so that they've already released their water before going into the eggs. (If you don't want the color of your add-in to affect your eggs, remove 'em from the pan for a minute while you get the eggs cooked.) With raw tomato, such as in Tex-Mex migas, your best bet is to pre-salt the diced tomato to draw out as much water as possible before adding it to the eggs.

AMERICAN DINER STYLE SCRAMBLED EGGS

3 large eggs
1/8 teaspoon kosher salt (1% of weight of 3 eggs)
2 tablespoons (1 ounce; 30ml) milk (optional)
1/2 tablespoon (1/4 ounce; 8g) unsalted butter
Freshly ground black or white pepper

DIRECTIONS

In a small bowl, beat eggs with salt and milk (if using).

In a non-stick frying pan, melt butter over medium-high heat until foamy. Add eggs and cook, stirring and scrambling gently with a silicone spatula, until large, fluffy curds form and eggs are fully cooked through, about 3 minutes. Season with pepper and serve.

SIMPLIFIED DINER STYLE SCRAMBLED EGGS

3 large eggs
1 tbsp. murin
½ tbsp. butter

DIRECTIONS

In a small bowl, beat eggs, add murin.

In a non-stick frying pan, melt butter over medium-high heat until foamy. Add eggs and cook, stirring and scrambling gently with a silicone spatula, until large, fluffy curds form and eggs are fully cooked through, about 3 minutes.