



## DESCRIPTION

Carrie cracks the case on cooking eggs. Get the 411 on all your favorite egg-making techniques. From scrambled to poached...you'll be an expert egg-maker in no time!

## INGREDIENTS

- eggs
- butter

## TOOLS

- serving plate
- frying pan
- pot of boiling water
- whisk or fork
- spatula
- mixing bowl
- sauce pan

## DIRECTIONS

1. Grab an egg and a bowl. Now take your egg and crack it open on the rim of the bowl. Use your thumbs to separate the shell and let your egg drop into your bowl. Make sure you don't get any shell in the bowl.
2. Take an egg and lightly tap it on the rim of your bowl. Separate the egg shell with your thumbs but try to keep the yolk in one of the eggshell halves. Transfer the yolk from half to half until all the egg white is in your bowl. Try not to break your yolk.
3. Take a fork or a whisk and use it to whip up your egg. When it's done it should have a creamy yellow color.
4. Make sure there is an adult around to help you with the stove. Use a non-stick sauté pan and place it on the stove set to medium heat. Add some butter to the pan and let the butter melt. When the butter is melted, it's time to add the eggs. Pour your scrambled eggs in the pan. Stir the eggs constantly with a rubber or plastic spatula. This is scrambled eggs.
5. Now it's time to learn how to cook an egg "Sunny Side Up." The first thing you'll do is crack an egg into our bowl. Make sure that you don't break the yolk and that no shells fall in with your egg.
6. Now that our egg is cracked and ready to go, have an adult heat up a frying pan on medium high heat. Now add a pat of butter to the pan and let it melt. When the butter is melted, take your egg and gently pour into the frying pan. Let the egg cook until the clear egg whites are solid white. And that is a sunny side up egg.
7. If you want to make an "over easy" egg, have an adult help you flip over your sunny side egg like a pancake. Try really hard not to break open your yolk. And here you have an over easy egg.
8. The next thing we are going to learn how to do is poach an egg. Poaching an egg is basically cooking it in boiling water instead of in a frying pan. This is a little tricky so you will definitely need the help of an adult.

---

Did you know there's a free web video for this activity with step-by-step instructions?  
See all the fun activities for kids at [www.activitytv.com](http://www.activitytv.com).



# COOKING

## HOW TO COOK EGGS

[www.activitytv.com](http://www.activitytv.com)

9. Boil a pot of water on the stove. Crack open an egg into a bowl. Now take the egg over to the pot of boiling water and, with the help of an adult, carefully pour the egg into the water. Make sure you don't break your yolk. Let the egg cook for about 2 minutes and then use a slotted spoon to take the egg out of the water...and you're done!
10. To make a hardboiled egg, you need place eggs in a saucepan with enough COLD tap water to cover completely by 1 inch. Bring the eggs to a ROLLING boil over HIGH heat. Once the water is brought to a rolling boil, have an adult PROMPTLY reduce heat to a lower medium boil and cook an additional 10 minutes for a "hard boiled" egg. For a "soft boiled" egg reduce the time by 3-4 minutes.

---

Did you know there's a free web video for this activity with step-by-step instructions?  
See all the fun activities for kids at [www.activitytv.com](http://www.activitytv.com).