

Scrambled Eggs

Phillip Jones

INGREDIENTS:

1 egg per person + 1

Salt

Pepper

Oil (vegetable / corn / or Olive), or Bacon Grease, or Lard

Directions:

Break eggs place contents of the eggs in bowl, add salt and pepper (more pepper than salt).

Using a fork, break up eggs, stirring until yolk and whites are thoroughly mixed.

Place Iron Skillet on stove eye on medium heat (number 5 - electric stove). Add enough oil or grease to cover bottom of skillet when melted. Pick up skillet and swirl oil / grease around to coat bottom and sides of pan up to about ¼" of sides. Pour out rest of oil out (it's no long needed), allow remaining oil to almost smoke.

Break eggs and pour egg contents in skillet and stir. Keep stirring, until almost all the egg liquid has been cooked, leave a very small amount of the liquid eggs uncooked (you want the eggs not to be dry). Pour in bowl and keep stirring until all egg is cooked, eggs will continue to cook in the bowl and will cook all of the remaining liquid. (All the liquid may be cooked, but some might remain in liquid form - you can pour off). Serve with fried Bacon, or Sausage, Toast or Biscuit, and Jam.