Basic Fried Egg

From Incredible Egg

Serve fried egg for breakfast, in sandwiches or on top of steaks, burgers, or hash. For a cleaner shape, break eggs into custard cups before sliding them into the pan.

**Ingredients:**

1 Egg

Cooking Spray

Salt and Pepper to taste

**Directions**:

1. Spray cooking spray, a skillet over medium-high heat until hot. Make sure the cooking spray covers the entire bottom of the pan.
2. Break eggs and slip into pan, 1 at a time. Immediately reduce heat to low.
3. Cook slowly until whites are completely set and yolks begin to thicken but are not hard. This should take 5-6 minutes.
4. Slide a turner under each egg and carefully flip it over in a pan. Cook second side to desired doneness.
5. Sprinkle with salt and pepper
6. Serve immediately and enjoy!
7. Show Ms. Probert for a grade

 