

# Cooking a fried egg

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Fried is 1 of the most simple forms of egg preparation. It only requires a few pieces of kitchen equipment and a few ingredients.

## Procedure

1. Place the nonstick pan onto an available burner on the stove.
2. Turn the available burner to medium heat.
3. Add the unsalted butter to the nonstick pan and wait for the butter to melt.
4. Break the uncooked egg into the nonstick pan.
5. Optional: If making more than 1 fried egg, break the additional uncooked eggs into the nonstick pan (1 at a time) if cooking them simultaneously.
6. Reduce the burner heat to low or medium-low.
  - ❗ **Important:** Heat matters! If the heat is too high, the egg(s) will become tough and rubbery. Reducing the heat allows the egg(s) to cook evenly.
7. Slowly cook the egg (or eggs) until the white(s) have "completely set" and the yolk(s) have thickened but are not hard.

These types of fried eggs are known as "over easy" or "over hard" fried eggs.
8. Optional: If your preference is to have a more completely cooked fried egg, use the spatula to turn the egg over to cook the other side of it to the desired level of doneness.
9. Sprinkle the desired amount of salt and pepper over each fried egg.

## What to do next

Immediately serve your fried egg(s) and enjoy!