

Fried Eggs

1 to 2 servings

1 teaspoon to 2 tablespoons butter or cooking oil or cooking spray

2 Large eggs

1 teaspoon water, optional

In a 7- to 8-inch omelet pan or skillet over medium-high heat, heat butter or cooking oil* until just hot enough to sizzle a drop of water.

Break and slip eggs into a pan. Immediately reduce heat to low.

Cook eggs slowly until whites are completely set and yolks begin to thicken but are not hard, covering tightly with lid (adding 1 teaspoon water after edges turn white for steam-basted, if desired), spooning butter over edges to baste or turning eggs to cook both sides.

For over easy or over hard, gently lift eggs with pancake turner and flip upside down into pan to cook second side.

*If you use a very large pan, you will need more fat.