

Health Virtual Experience: Scrambled Eggs Script

- 00:00

Hi, my name is Kate Ford and I'm here today with the Simpson

- 00:03

County 4 H and I'm going to be teaching you how to make

- 00:07

basic scrambled eggs now before we get started, let's make sure

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if we have long hair we've put back our hair and we've also

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wash your hands. I've already done that. Alright, let's get

- 00:16

started so you are going to need a tablespoon of milk.

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Now the recipe says that you can do this in a bowl and whisk it

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up using a whisk.

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Or fork, but I suggest doing it in the blender. It makes them so

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much more fluffier and creamier. I'm going to be using a knife so

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I don't contaminate any other surface. Also, let's make sure

- 00:39

that we do not get any egg shells

- 00:42

in. 'cause that would not be good.

- 00:47

And you're gonna need 2 eggs.

- 00:54

Alright, and now we need 1/8 of a teaspoon of salt.

- 01:01

And 1/8 of a tablespoon of pepper.

- 01:08

And now we just need to put the lid back on our blender and

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Start blending. Or if you are using your bowl, this is the

- 01:16

time that you need to start whisking now. Before I do that,

- 01:20

I'm going to be turning on my cook top. If you're using a

- 01:24

stove, that's fine, but we need to set it to medium heat.

- 01:33

All right guys, now we're going to need to add in a half a

- 01:39

teaspoon of butter.

- 01:46

Rub it all around until it gets melted.

- 01:49

Alright, are better has melted.

- 01:53

So let's add in our eggs.

- 02:01

Now, this foam that you are seeing on the top is just from

- 02:05

where I have blended the eggs.

- 02:10

You need to make sure that you are getting the sides.

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And the corners very well, because we do not

- 02:18

want any egg sticking.

- 02:21

And also make sure that you are scraping the bottom very well

- 02:25

because we do not want any burnt eggs on the bottom of our

- 02:29

pan. Now these are just basic scrambled eggs so you can add in

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tomatoes. You could add in some cheese. You can add in mushrooms

- 02:38

and spinach. That's my personal favorite. You could even put

- 02:41

salsa on top or cheese on top.

- 02:44

Even add in some herbs if he wanted to.

- 02:48

Possibilities are endless, this

- 02:50

is just. As basic as they can get.

- 02:54

This is our base.

- 02:56

And we can build on top of that.

- 03:00

And make sure that you're getting the sides again.

- 03:04

And like I said earlier, we have this set to medium heat.

- 03:08

Smelling super good.

- 03:16

And break them up a little bit if you don't want huge

- 03:20

clumps of eggs.

- 03:22

And also make sure that you are flipping them over because we

- 03:26

want to also cook the tops a little bit more. We don't want

- 03:29

to just cook the bottoms.

- 03:37

All Right

- 03:40

My eggs are cooked.

- 03:43

So now let's pour them on our plate. Let's turn off our Cook Top,

- 03:49

Or stove first.

- 04:02

Right now let's taste them.

- 04:08

Yeah. Alright guys, thank you so much for watching.