

Classic Creamy Scrambled Eggs

Serves 1 – 2

Ingredients:

2 – 3 medium sized eggs (I use the ones from our own chickens!)

A small knob of butter (about a teaspoon)

A dash of milk or cream (about 1 – 2 Tablespoons)

A dash of Soy Sauce to taste (the secret ingredient!) You could just season with salt and pepper

Small grating of cheese if you love that oozy gooey taste

Bread for toasting

Method:

- Melt butter in a small saucepan over low to medium heat.
- Crack eggs into the pan
- Add milk and soy sauce or any seasoning you desire. I sometimes sprinkle in some Turmeric powder.
- Using a wooden spoon, *gently* break up the eggs and move them around the pan, combining everything together. Don't be too violent about it! The more you stir the denser the eggs will become and therefore might overcook and becoming 'rubbery' and yuck.
- Turn the heat to low to make sure the eggs don't stick on the bottom.
- Aim for a loose, almost liquid but just set consistency then add grated cheese if desired.
- Remove from heat and allow to rest for a few minutes.
- Meantime, toast your favourite bread (one or two slices)
- Top toast with mountains of creamy egg
- Garnish with chopped fresh chives or dill, salt and white pepper if you like

Enjoy!