



07. Make: Elevated Scrambled Eggs

“The secret behind any great scrambled egg is stopping it from overcooking.”

Forget everything you’ve ever learned about scrambling an egg. No salt before cooking, no whisking in a bowl. Stop losing half of your egg to the bottom of the pan with Gordon’s foolproof technique. This dish of elevated, fluffy scrambled eggs will change the way you do breakfast forever. (For Gordon’s plain Scrambled Eggs, simply omit the uni and white truffle.)

SERVES 2

PREP 5 minutes

COOK 5 minutes

5 eggs

2 tablespoons butter

5 sea urchin tongues

1 teaspoon chopped chives

1 teaspoon crème fraîche

Salt

Freshly ground black pepper

(Optional: Shaved white truffle)

- 1 Crack and add eggs into nonstick skillet or saucepan. Do not beat eggs or season yet. Add butter and place pan over medium heat. Use a rubber spatula to constantly stir and turn the eggs until they start to thicken, scraping down the bottom and sides. Remove from heat, and continue to stir, cooking the eggs off heat for 20 seconds, then on heat for 90 seconds until eggs are soft, but not runny, about 4 minutes altogether.
- 2 Add in 1 sea urchin tongue, and stir, chopping it up slightly with the spatula. Fold in chives, crème fraîche, salt and pepper, folding in to incorporate. Taste for seasoning and adjust if necessary. Remove from heat. Place one sea urchin tongue at the bottom of each plate. Divide eggs evenly and top with remaining tongues. Shave white truffle over each dish and serve immediately.

07. MAKE: ELEVATED SCRAMBLED EGGS, CONTINUED

TAKE IT FURTHER

- Try some of Gordon's other recipes for scrambled eggs. For something almost as decadent as the Sea Urchin and White Truffle version, [try this recipe](#) in which butter croissants provide a base for eggs and sliced smoked salmon. [Watch Gordon's video](#) to see this recipe made.
- Did Gordon rock your breakfast world by telling you not to whisk or salt your eggs before scrambling them? [Read up on the science behind his suggestion](#).
- Purchase, or borrow from the library, the cookbook [The Science of Good Cooking](#), which explains the scientific principles behind 50 basic, everyday recipes.

ASSIGNMENT

Make scrambled eggs the way you've been preparing them for years. Next, make scrambled eggs using the technique Gordon taught you in this lesson. No need for the sea urchin or white truffle at this point—the goal right now is to master the new method. Once both dishes are finished, photograph your results and share them. Describe your old process, comment on the differences between the look and feel of the two scrambled egg plates, and let your classmates marvel at your improvement!

NOTES

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