# 🥚 Egg Cookery Competition Lab

Culinary 1 · Unit 9 · Level 2 · after the Frittata/Omelet Lab



Name: _____ Date: _____ Period: _____

*1 egg per way, put on the group platter. Mrs. Dyches' recipe: How to Cook Eggs 7 Different Ways (her handout; pick your group's ways).*

## 🧺 For each way

- ☐ 🥚 **1-2** eggs
- ☐ 🧈 **1 Tbsp** butter (scrambled, fried)
- ☐ 🧂 salt + pepper
- ☐ 💧 water (hard, soft, poached)

## 👩‍🍳 Steps: check each box when you finish

| | | | |
|---|---|---|---|
| 1 | 📋 | Pick your group's egg ways. Each person gets one. | ☐ |
| 2 | ☕ | Crack each egg into a **clean cup** first. | ☐ |
| 3 | 🥚 | **Hard-cooked**: cover with cold water, boil, then simmer **12-15 minutes**. Cool in cold water. Peel. | ☐ |
| 4 | 🥄 | **Scrambled**: mix 2 eggs, salt, pepper. Melt butter. Stir until just set (yellow, not brown). | ☐ |
| 5 | 🍳 | **Fried**: melt butter on medium. Slide the egg in. Cook until the white is set. | ☐ |
| 6 | 💧 | **Poached**: simmer 3 inches of salted water. Swirl. Slide egg in. Cook **3-5 minutes**. | ☐ |
| 7 | 🍽️ | Put your egg on the platter. Judges look and taste. Photo! | ☐ |

💡 *Her sheet has no recipe link for this lab; the steps come from her 'How to Cook Eggs 7 Different Ways' handout (soft-cooked and the other ways are on it too).*