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A couple of eggs can save the day. When you're at a loss over what to make, just crack, beat, scramble and you've got a meal pronto. But hold on a minute. In fact, hold on a few minutes.

If you slow things down a bit, you can turn scrambled eggs into something spectacular:
Cooked very slowly, and stirred constantly, scrambled eggs can-be a dish that's creamy, rich and luxurious enough to serve as a first course at an elegant dinner.
Try it once, and you may never do the quick scramble again.
Try it twice, and you'll never fret again about a brunch menu.
The trick to the magical transformation of the slow scramble is simple enough: Lower the fire and stir with a patient hand.
Just remember that a beaten egg behaves differently at different temperatures.
Cook it over high heat and the egg's protein bends seize up and tighten quickly, squeezing out the moisture as the egg cooks. You'll end up with large, tough curds.

But switch to gentler heat and the protein bonds stay more relaxed as the egg cooks. You get divinely tender curds; the constant stirring keeps them tiny.

Be sure to use the best and freshest eggs possible. Look for them at farmers markets, if you can. At supermarkets, buy organic ones.
The eggs can be at room temperature or straight from the fridge, but cold eggs will mean a slower slow scramble. (Slow-scrambled eggs take at least 10 minutes and up to 25 minutes, depending on the temperature of the eggs, the pan and even your kitchen.)
To get started, break a few eggs into a bowl, season with salt and pepper, and add a little bit of fat (such as butter, oil or creme fraiche). Whisk the mixture to blend completely.
Then place butter or oil in a nonstick skillet over low heat.
Once the butter has melted, the pan is ready for the eggs. Pour them in, making sure the heat is at the lowest possible setting.
Immediately begin stirring; you'll be doing this constantly, with just a few pauses, varying your strokes to prevent large curds from forming. In the first few minutes, it might seem as if not much is happening. But the eggs are actually thickening slowly. Curds will soon begin to form; should be small, like cottage cheese curds. A tew large ones may develop but will break up as you continue stirring. Once you have a panful of curds that are still just a little glossy, take the eggs off the heat so they don t overcook. Continue to stir for a minute or so. The eggs will lose a little more of their shine, but should still be moist and creamy when you

The most important thing throughout is to avoid overhea ing. Judy Rodgers, author of "The Zuni Cafe Cookbook," likes to add cold butter bit by bit as she's shirring the eggs. Butter adds richness, of course, but Rodgers points out that it "keeps
ingredients to make

they bit, Wolfert says.

And don't be shy about s
ring, she adds. Run the wor
spoon around the edges, m

ing water to cool things do

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The eggs will form silken curds, becoming creamy and glossy. Keep stirring; when the eggs begin to lose most of their shine, pull them off the beat.

of crea t te eggs veror cooking in a double boiler.
Keep the water in the bo chamber at a low simmer, : don't let it boil If you find t pan is overheating, though can do one of two things: A drop of water or cream to t eggs while you're stirring, the pot away from the sime
in circles, de figure eights;
don't want to miss any spot
end up with large clumps.
Or add fresh herbs, as el
..
David Lentz does for his E
The scramble at Hungry Cat in
lywood. Lentz surs in crem

fraiche and Jack cheese to
slow scrambled eggs, then
serve them.
ances the nichness with chi
Italian parsley and chervil.
tops the eggs with a salad 1
with more heros and a little
on vinaigrette
The beauty of slow scran
Butter eggs is that you don't need