



Easy Way to Cook the Best Fried Egg

By UlamPinoy

Course: Breakfast • Cuisine: Filipino

Ingredients

- ☐ Fresh Egg (preferably at room temperature)
- ☐ Cooking Oil (vegetable, canola, or corn oil)
- ☐ Salt and black pepper to taste

Instructions

- 1 Heat the oil: Pour about 1/2 inch of cooking oil into a small frying pan or wok. Heat it over medium-high heat until it is hot but not smoking.
- 2 Crack the egg: Always crack your egg into a small bowl or cup first. This prevents any shell fragments from getting in, keeps the yolk perfectly centered, and allows you to slide it into the oil gently without splashing.
- 3 Slide it in: Carefully slide the egg from the bowl into the hot oil. You should immediately hear a satisfying sizzle, and the edges of the white will puff up and start to crisp.
- 4 Bathe the egg: Tilt your pan slightly and use a spoon or spatula to scoop up the hot oil and splash (bathe) it over the white parts of the egg. Tip: Avoid pouring the hot oil directly onto the yolk if you want to keep it vibrant yellow and beautifully runny!
- 5 Set and crisp: Continue bathing the whites for about 1 to 1.5 minutes, until the egg whites are fully opaque and set, and the edges are turned a gorgeous, crunchy, lacy brown.
- 6 Drain and season: Use a slotted spatula to gently lift the fried egg, letting the excess oil drain off. Transfer it to a plate, and immediately season with a pinch of salt and freshly cracked black pepper.