

Rick Mahan's Scrambled Eggs

2 farm fresh eggs
1 tablespoon butter
2 tablespoons half-and-half
Pinch sea salt
Ground black pepper
Modest amount of fresh thyme

Important tools:

medium-sized sauté pan with some weight to it (Chef Mahan uses All-Clad at home)
small bowl
fork
serving plate convenient to the stove

1. Crack each egg by gently hitting the side of the shell on the countertop. Open up each egg over the bowl.
2. Heat the pan over high heat with the butter. Meanwhile, to the eggs add the half-and-half, salt, pepper and thyme. Beat with the fork just until the whites and yolks are blended, and stop.
3. When the butter foams, swirl the pan to coat with butter. Pour the eggs into the pan. Immediately shake the pan while stirring the eggs in a circular motion. It's important to keep the tines of the fork flat to allow more contact with the pan's bottom. The eggs should bind quickly, and if your pan is one that's used often, the eggs should come away clean from the bottom and sides -- maybe 20 to 30 seconds.
4. As soon as the eggs hold together, they're done. Transfer immediately to the waiting plate. Eggs will continue to cook slightly on their way to the table.

Serves 1.