



# Eggslop

Breakfast, Kids, Recipes

## Ingredients Needed

- 10 to 12 hard-boiled eggs, roughly chopped (like for egg salad)
- 4 tablespoons butter
- 4 tablespoons all-purpose flour
- 2 cups milk (I like to do 1 cup milk and 1 cup cream, or 2 cups half-and-half.)
- A couple cracks of salt
- A couple cracks of pepper
- A stack of buttered toast
- A stack of bacon and sausage (or vegetarian options, if that's your thing). Tater tots also go great with this.



## Directions | Yield: I make this for five hungry people, and this seems to be the way to go. And it's vegetarian!

1. It's best to go ahead and pull your dairy from the fridge in the beginning. It's important to not use fridge-cold dairy here, because it will cool the pan too much and take much longer to cook, and may alter consistency.
2. In a deep pan, start your bechamel white sauce. Melt butter on medium — err on the side of too low rather than too high, temperature-wise.
3. When butter is fully melted, add flour and whisk together. Cook 4 to 5 minutes to cook off the starch flavor, occasionally stirring. When the butter and flour mixture is cooked, it should be clumpy, not runny. \*Do not add flour after this to thicken\*
4. Slowly add your dairy. Your flour/butter mixture will initially seize, which is what you want. Whisking almost continuously (a whisk is the best tool for the job, and don't let it sit too long), wait for your white sauce to thicken to a loose gravy consistency. The more attention you pay to the whisk, the richer it gets.
5. Once the sauce starts to thicken, add your eggs (YOLKS AND ALL!!), lower your temperature from medium by a few clicks and stir (with your serving spoon this time) everything together. Leave it to cook for a few minutes, now stirring occasionally. (Mix in those yolks, folks!) If it gets too thick, just add another splash of dairy and mix it in. Keep that party going! Essentially what you're looking for is sausage gravy, but with eggs. Egg gravy.
6. Serve over two generously buttered slices of Aunt Millie's Live Carb Smart bread, then garnish with your favorite meats. ENJOY!

My wife mentioned that this is probably going to result in leftovers, which are always eggcellent.

**Submitted by Bryan and Liz**