

Can You Make Scrambled Eggs in a Slow Cooker?

Written by Simone Paget on October 8, 2021

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When it comes to making the perfect scrambled eggs, I immediately think of the scene from the police sitcom, “Brooklyn Nine-Nine” where Detective Boyle (the precinct’s resident foodie) schools his straight-laced boss, Captain Holt on how to make an anniversary breakfast for his husband. As Boyle adds oil to his pan, he tells Holt, “Many people think that scrambled eggs are the easiest thing to make, but that is incredibly foolish. They are a highly nuanced and complicated dish.”



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Captain Holt—I throw them in the pan on high heat, quickly stir them, and hope for the best. Sometimes they burn a little bit, much to the chagrin of my family. I know I could do better, but like the fictional Captain Holt, I see scrambled eggs as a means to an end: convenient protein with little to no time commitment. But what if there was an alternative way to scrambled eggs? Enter: the slow cooker.

While it seems counterintuitive to make such a quick dish in a slow cooker, culinary experts say that your Crock-Pot may just be the key to the perfect scrambled eggs (even for chronically egg challenged folks like myself).

“First of all, a slow cooker is the most underrated piece of equipment ever. Trust me, I was born, raised, and trained as a chef in France, and we don’t have slow-cookers there. A real shame,” says [Gui Alinat](#), a chef and author of the cookbooks, “[The Chef’s Répertoire](#)” and “[Eat More Burn More™](#).”

As Alinat explains, a slow cooker works by cooking things at low temperature, for a longer time. Gentle and longer cooking usually preserves moisture and tenderness—both things we want in scrambled eggs.

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How to Make Scrambled Eggs in a Slow Cooker

With that said, unlike other foods you would typically prepare in a slow cooker (think: easy slow cooker pulled pork or BBQ beef brisket) which simply require you to season your dish before you “set it and forget it,” making eggs in a Crock-Pot requires a few more steps.

For fluffy, silky smooth scrambled eggs that taste phenomenal, cook and photographer Alexa Frazier Blay of Key To My Lime, suggests you start with the following ingredients:

- Butter (to grease the slow cooker)
- 12 large eggs
- 1 1/2 cups heavy cream
- Salt (to taste)
- Pepper (to taste)
- 1-2 cups shredded mozzarella (optional, depending on taste preference)

Anyone who’s ever burnt eggs, knows how easily they can stick to a frying pan. So, start by generously greasing the slow cooker with butter (or use a slow cooker liner). Your future self will thank you. Next, in a large bowl, mix together the eggs, heavy cream, salt, and pepper. Whisk until the eggs are creamy and a relatively uniform consistency.

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of cheese, but I prefer mozzarella. Cheeses like cheddar will taste greasier and won't incorporate into the eggs as well."

Frazier also points out that cooking time will vary depending on your slow cooker. "The larger your slow cooker, the less time it will take (and the smaller your slow cooker, the more time it will take). It also depends on how hot your slow cooker runs. The cooking time for this recipe could range anywhere from 1 hour (for a large slow cooker that runs hot), to 3 hours (for a small slow cooker that runs cool)."

What About the Instant Pot?

The Instant Pot is a powerhouse for making perfectly hard-boiled eggs and delicious frittatas. So, does that mean it can work the same magic for the humble scrambled egg? Well, yes and no.

Several of the culinary experts I spoke to agreed that while it's possible to make scrambled eggs in an Instant Pot, it's probably not worth the effort—unless using an Instant Pot is your only option. Since you'll have to cook the eggs on the saute setting, "the Instant Pot doesn't save much time or hold your eggs at the perfect temperature any better than a skillet could," says Lisa Chernick, James Beard nominee and author of "[Your Starter Kitchen](#)."

Frazier agrees, "I prefer scrambled eggs in the slow cooker over the Instant Pot. The Instant Pot's heat is higher, and will leave you with more traditional scrambled eggs that you would expect from a skillet."

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“Essentially, when you scramble eggs there are two schools of thought. The first is to use a hot pan, which will scramble the eggs quickly. Cooking the eggs this way will trap more steam inside the eggs, leading to fluffier scrambled eggs. Since this method cooks the eggs quickly, and requires less stirring, you’ll also end up with larger egg curds. This method is what you would expect in the Instant Pot,” says Frazier.

However, when you cook scrambled eggs in a slow cooker over a lower heat, it creates smaller steam pockets in the eggs, resulting in eggs that are wetter and creamier in texture. As Frazier explains, “Since this method cooks the eggs much more slowly, and requires more stirring, it also leaves you with smaller and more broken up egg curds. This method is what you can expect from cooking the eggs in the slow cooker.”

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slow cooker recipe that you can prepare ahead of time and leave unattended until it's time to eat.

“Slow cookers are great for all kinds of breakfast foods. I love them for making cheesy, cozy stratas and casseroles that you can set up and stash in the fridge the night before cooking them. Or just turn on the slow cooker before you go to sleep and have breakfast waiting when you wake up!” says Chernick.

In other words, a dish like this cheesy sausage breakfast casserole may require more ingredients and prep time than a classic dish of scrambled eggs, but it's perfect for those of us who aspire to be a Detective Boyle in the kitchen, despite being a Captain Holt by nature.

FEEDBACK: 😞 😊



What Is the Difference Between Gumbo and Jambalaya?



Written by **Sarah Garone** on July 15, 2022

Gumbo **Jambalaya** **History** **tl;dr** **Recipes**

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What is gumbo?

Gumbo is a Creole dish descended from many different culinary heritages. A hearty, one-pot stew, gumbo can contain a variety of

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Gumbo starts with what Louisianans call the “holy trinity” of vegetables (celery, bell pepper, and onion, for the uninitiated). It’s then thickened with okra, filé powder (a spicy herb made from grinding sassafras leaves), or a roux (a mix of melted butter and flour).

Some gumbo chefs let their butter and flour cook an extra-long time, creating a browner, more richly flavored “dark roux.”

There are tons of styles of gumbo — Cajun, Creole, and gumbo z’herbes (a meatless variation), to name a few. The recipe’s basic formula is easy to personalize based on taste. Gumbo is simmered for several hours and is almost universally served over rice.

What is jambalaya?

TBH, there’s lots of overlap in many jambalaya and gumbo recipes, as similar seasonings, broths, meats, and vegetables are used.

Jambalaya is similar to gumbo in that it’s a stew made from meat and vegetables (and includes the “holy trinity” as a base).

That said, gumbo and jambalaya aren’t total twins. For starters, jambalaya doesn’t include the okra or filé powder as a thickener. In fact, most jambalayas don’t use any thickener at all — not even a roux.

The other primary difference between the two stews: the use of rice. Like gumbo, jambalaya is prepared with rice, but rather than sitting

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Gumbo and jambalaya history

Some of the distinctions between gumbo and jambalaya may lie in their unique histories.

Early Spanish settlers in Louisiana brought with them the rice dish paella, which may have influenced the evolution of jambalaya. Like paella, jambalaya simmers rice along with other ingredients, often cooking meat separately by sautéing in a Dutch oven.

West African slaves in Louisiana introduced another precursor to jambalaya known as jollof rice. This traditional dish also cooks veggies, spices, and meat in a single pot with rice.

As for gumbo, there may be a link between this stew and the French bouillabaisse, or a traditional stew made by the Choctaw tribe. Intriguingly, though, the word “gumbo” comes from a West African word for okra — so it’s possible it has some African heritage as well.

Today, jambalaya and gumbo can contain any number of meats and seafood, including crawfish, shrimp, pork, and chicken, with varying levels of spice. Throughout the South, it’s hard to find any two cooks with the same recipe — to which we say “*laissez les bon temps rouler!*”

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Bottom line

If you only remember one thing about the difference between gumbo and jambalaya, let it be that gumbo is served over rice, while jambalaya includes rice in the dish itself. But if you remember *two* things, add the fact that both stews have a rich heritage of both flavor and cultural influence.

Gumbo and jambalaya recipes

Wanna try your hand at gumbolaya? Wait, we mean jambo. Uh — you know what we mean. Check out these meaty, veggie, rice-y recipes.

1. Chicken and andouille gumbo

A gumbo base made of vegetables (onion, bell peppers, tomatoes, celery, okra) and homemade Cajun seasoning make this a healthy recipe you can easily adjust based on your preferences. Substitute frozen veggies to save time.

Get our chicken and andouille gumbo recipe

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stock), this recipe with andouille sausage and three pounds of shrimp is a winner. Use your slow cooker on a five-hour simmer for a fix-and-forget dinner that'll make your house smell *amazing*.

[Get our slow cooker shrimp gumbo recipe.](#)

3. **Easy chicken gumbo**

A rotisserie chicken forms the base of this quick gumbo recipe that also includes 8 ounces of andouille sausage and chopped vegetables. By using the grocery store shortcut, you'll shave a few hours of prep time and can be ready to eat in less than an hour.

[Get our easy chicken gumbo recipe.](#)

4. **Chicken and andouille sausage jambalaya**

An extremely filling dish that's great for serving a crowd, this chicken and andouille sausage jambalaya has a *ton* of seasonings (paprika, cayenne pepper, garlic powder, onion powder, black and white pepper, salt, cumin, oregano, thyme, coriander, ground mustard, and celery salt — sound like enough?). But feel free to break out the hot sauce if you like more spice.

[Get our chicken and andouille jambalaya recipe.](#)

5. **Shrimp and okra gumbo with tasso**

What's tasso, you ask? It's a type of cured pork often used in Cajun

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