Breakfast Sandwich

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| Cooking Principle: Egg Cookery |
| Time: 8- 10 minutes |
| Temp: n/a |

**Ingredients**

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| 2 eggs | Salt and pepper to taste |
| 2 ml lemon juice | 1 slice of ham |
| 2 English Muffins, split | 2 cheese slices |
| 20 ml margarine |  |

**Preparation**

1. Place ~500 ml of water in a frying pan. Add the lemon juice.
2. Cover and bring water to a boil.
3. Break eggs into a custard cup. When the water is boiling, gently slide the eggs into the water.
4. Reduce heat to medium-low, and cover. Cook eggs to desired doneness

5-8 minutes depending on how hard you want the yolk.

Meanwhile:

1. Place split English muffins on a baking sheet and put under broiler until golden brown. Flip and toast the other side.
2. Remove from oven and butter the muffins.
3. Cut the ham slice in half and place half on one side of each muffin pair.
4. Place cheese on other side and return the muffins back to the oven and broil until cheese is melted.
5. Remove from oven and place the muffins on the two plates for your completed sandwiches.
6. Carefully remove eggs from the water, allow to drain slightly. Top the ham side with the egg. Place cheese covered muffin on top.
7. Serve immediately with smoothie.

**Fruit Smoothie**

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| Cooking Principle: Blender Drink - Breakfast |
| Time: 10 minutes |
| Temp: n/a |

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| **For 2** | **Ingredients** | **For 4** |
|  |  |  |
| 125 ml | Orange juice | 250 ml |
| ¼ | Banana | ½ |
| 60 ml | Mixed berries | 125 ml |
| 40 ml | Yogurt | 80 ml |

1. ·\_Add liquid ingredients first then add other ingredients.

2. Blend all ingredients together in a blender until smooth.

3. Serve immediately.

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| **Standards:**  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | **Equipment on Tray:** |