

Eggs McGriffin

Equipment:

Equipment Tray
Saucepan with Lid
Baking Sheet
Fork and Butter Knife
Measuring Equipment
Cutting Board
Custard Cup
Slotted Spoon

Ingredients:

2 Eggs
2 English Muffins
1 Processed Cheese Slice
1 Slice Ham
5 ml Margarine
10 ml Vinegar



Method:

1. Prepare for the lab: Apron on, hair tied, hands washed, recipe out.
2. Adjust oven rack to top position and then preheat oven to BROIL.
3. Using a fork, perforate the English muffin in half and spread margarine on both halves.
4. Boil 2/3 of a pan of water in a frying pan. Once the water reaches a boil, lower the heat to about 3 to maintain a low boil and add vinegar to the gently boiling water.
5. Break one egg into a custard cup. Slip the egg into the water GENTLY. Do the same for the second egg.
6. Slice ham and cheese into quarters and arrange onto the English muffins. Place on a baking sheet and broil in the oven until the muffin is toasted and the cheese is melted.
7. Once the white of the egg is set, use the slotted spoon, scoop out the egg and add it to the McGriffin.