

EGG MCGEE BREAKFAST SANDWICH

INGREDIENTS:

2 eggs
2 English muffins
10-15 mL soft margarine
1 green onion
60 mL cheddar cheese (grated)
1 slice ham
Spices as desired

EQUIPMENT:

Small frypan
Jelly Roll Pan
Chef knife
Serrated Knife
Metal measuring spoons
Chopping board
Custard cup
Rubber spatula
Fork
Metal Spatula

METHOD:

1. Tie hair up, WASH HANDS, put on apron, read through recipe.
2. Adjust rack to broil position (2 from the top). Turn on the broiler on both dials.
3. Grate your cheese and slice your green onion.
4. Slice English muffins in half horizontally with a bread knife and spread margarine on each slice. Toast under broiler. KEEP AN EYE ON IT, DON'T LET IT BURN!
5. In your small fry pan, add 2 mL of butter. On medium-high heat cook up the two slices of ham for 1 min on each side. Set aside on large white plate.
6. Divide the grated cheese between the 4 English muffin slices. (if using the fried egg options add the green onion to the cheese) Broil till cheese is bubbly, remove from oven. (keep an eye on it, don't let it burn)
7. **Egg options:** #1 over easy style, #2 omelet style. Choose a style.
8. **Style # 1:** Add 2 mL of butter to the hot pan. Pour egg in and cook till top is almost set. Use a rubber spatula to flip it over, cook 10-20 secs. Remove and place on the white plate.
9. **Style #2:** Add 2 mL of butter to the hot pan. Pour in the beaten egg mixture and cook till top is no longer wet. Flip it over and cook 10 secs on the other side. Fold it up into a square and place in on top of the English muffin slice with the ham. You can also add mustard, ketchup or spicy mayo! Enjoy!