

## **Dippy eggs (soft boiled eggs) and soldiers**

### **Ingredients**

1 egg at room temperature  
1 slice of bread  
Butter  
Marmite (optional)

### **Equipment**

**All equipment is provided by school**

### **Method:**

1. Half fill the saucepan with water(enough to cover the egg), bring to the boil and turn down to a gentle simmer.
2. Rest the egg on a tablespoon and carefully lower it into the water. Simmer for 1 minute.
3. Remove the pan from the heat, put a lid on it and time another 7 minutes before removing from the water with the tablespoon.
4. While the egg is cooking, place the bread under the grill until golden brown, turn over and wait until golden brown on the other side.
5. Remove from the grill and spread with butter and marmite. Cut into lengths.
6. Place the egg in an eggcup, using a knife, slice the top off and serve with the soldiers.

## **Egg sandwiches (hard boiled eggs)**

### **Ingredients**

1 egg at room temperature  
2 slices of bread  
Butter  
1 tbsp mayonnaise  
Handful cress (optional)

### **Equipment**

**All equipment is provided by school**

### **Method:**

1. Place the egg in the saucepan and add enough water to cover it. Bring to the boil and turn down to a gentle simmer.
2. Time 7 minutes and remove from water with the spoon.
3. Place immediately into the bowl with cold water and leave until cool enough to handle.
4. Tap the egg all over with a teaspoon to crack the shells and hold under the cold tap to rinse off pieces of shell as you peel it off.
5. Place the egg back in the cold water until completely cool.
6. Place the cold egg in a bowl with the mayonnaise and using a fork mash them together.
7. Spread butter on the 2 slices of bread, add the egg mayonnaise mix and top with cress. Slice into triangles and serve.

## **Poached eggs on toast**

<b>Ingredients</b> 1 egg at room temperature 1 slice of bread Butter	<b>Equipment</b> All equipment is provided by school
<b><u>Method:</u></b> <ol style="list-style-type: none"> <li>1. Boil the kettle and fill the frying pan with 3cm of water. Maintain heat at a gentle simmer.</li> <li>2. Carefully break the egg into the water and let it simmer for 1 minute.</li> <li>3. Remove the pan from the heat and leave for 10 minutes.</li> <li>4. While the egg is cooking, place the bread under the grill until golden brown, turn over and wait until golden brown on the other side.</li> <li>5. Remove from the grill and spread with butter.</li> <li>6. Remove the egg from the water using the slotted spoon, drain well and place on the toast. Serve straight away.</li> </ol>	

<b>Bacon and eggs</b>	
<b>Ingredients</b> 1 egg at room temperature 1 tbsp oil 1 slice of bread 2 rashers of bacon	<b>Equipment</b> All equipment is provided by school
<b><u>Method:</u></b> <ol style="list-style-type: none"> <li>1. Heat the oil in the frying pan and fry the bacon until crispy on both sides.</li> <li>2. Remove from the pan and set aside.</li> <li>3. Break the egg into the pan and leave for about 30 seconds.</li> <li>4. Turn heat down to medium and tilt the pan to form a pool of fat. Using the back of the fish slice carefully push the fat over the egg, until the yolk turns opaque.</li> <li>5. Serve the egg with the bread and bacon.</li> </ol>	

<b>Scrambled eggs on toast</b>
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<b>Ingredients</b> 2 eggs at room temperature 10g butter (plus extra for toast) 1 slice bread	<b>Equipment</b> <b>All equipment is provided by school</b>
Oven temperature	
<b><u>Method:</u></b> <ol style="list-style-type: none"> <li>1. Break the eggs into a small bowl and use a fork to whisk together.</li> <li>2. Add half the butter to the frying pan and melt on a medium heat. Pour in beaten eggs.</li> <li>3. Stir with a wooden spoon, making sure that the eggs aren't sticking to the pan. Continue cooking on a medium heat until <math>\frac{3}{4}</math> of the eggs are solid.</li> <li>4. Remove the pan from the heat, add the remaining butter and continue to stir with the wooden spoon.</li> <li>5. While the egg is cooking, place the bread under the grill until golden brown, turn over and wait until golden brown on the other side.</li> <li>6. Remove from the grill and spread with butter.</li> <li>7. Serve the egg on top of the toast.</li> </ol>	