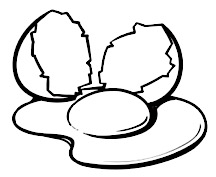
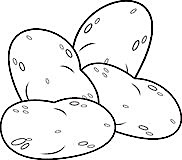
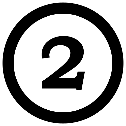
** What will make a delicious breakfast hash?**

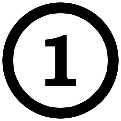
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Use your creativity! List all the ingredients you can think of that would work in a breakfast hash.

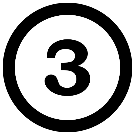
Who are you cooking with?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ &

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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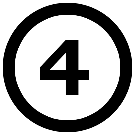
**MAJOR INGREDIENTS:**

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* Design your breakfast hash recipe.
* Maximum of 6 major ingredients (potato, egg, vegetables, cheese etc.)
* You may use 1 meat (slice of ham or bacon per person)
* Up to 60mL of cheese (cheddar, mozzarella, feta..)
* Decide the amount of each ingredient- total of all major ingredients (not including seasonings) should not be more than 600mL for 2 people and 725mL for 3 people

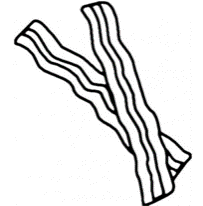
**SEASONINGS BEING USED:**

|  |  |
| --- | --- |
| **AMOUNT:** | **INGREDIENT:** |
| **250 mL** | **Diced Potato** |
|  | **Eggs** |
| **mL** |  |
| **mL** |  |
| **mL** |  |
| **mL** |  |

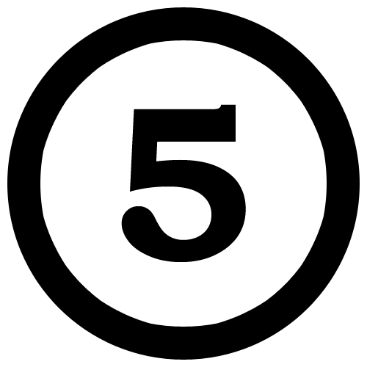
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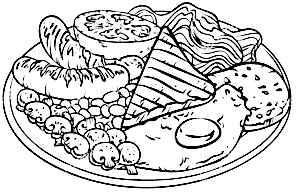
Think about the flavour palette you want to create. You may use up to 5 seasonings/herbs/spices:

|  |  |
| --- | --- |
| **AMOUNT:** | **INGREDIENT:** |
| **mL** |  |
| **mL** |  |
| **mL** |  |
| **mL** |  |
| **mL** |  |

****

What is your garnish?

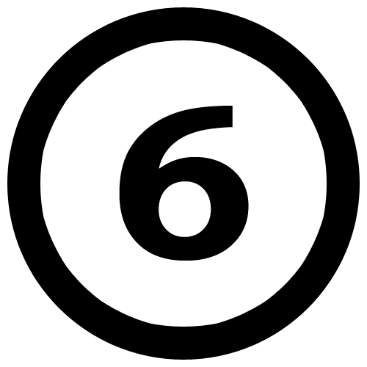
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Who is responsible for what? Think of the different tasks, duties and responsibilities you and your partner(s) will need to complete:

List all the equipment you are going to need on your tray:



PERSON A:

PERSON B:

Think: what equipment will you need to pick up from the side table?

**Cooking Instructions:**

➇

|  |  |
| --- | --- |
| 1. | **If using bacon / sausage**- Cook meat first in a frying pan on medium heat, then remove from pan and let rest on a plate lined with paper towel. Save the grease in the pan to use instead of oil to cook hash browns.  **If not using meat**- heat 10mL of oil in a large frying pan over medium heat.  Cook hash browns tossing often until they are warmed and beginning to brown. |
| 2. | Add spices and herbs that you have chosen to use. (Try starting with half what you have chosen) |
| 3. | Set table and begin to dice vegetables. |
| 4. | **When potatoes are almost done,** add diced vegetables and or cubed ham. |
| 5. | Cook vegetables, ham and hash browns until softened and warm. |
| 6. | In a medium mixing bowl, beat eggs with 15mL of water. |
| 7. | Reduce heat to **LOW** and **push** the cooked potato mixture to the side of the pan. |
| 8. | Pour scrambled eggs into the space available in the pan. |
| 9. | Continue to stir the egg mixture around the frying pan using a silicon spatula until the eggs are no longer liquid. |
| 10. | Pull the cooked eggs into the potato mixture. Stir in cooked bacon/sausage pieces |
| 11. | Top with the ingredients that do not require cooking such as cheese as well as your garnish, serve and enjoy! ☺ |