Recipe: **Omelette + Hashbrowns + Bacon** Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Servings: \_\_\_\_\_\_\_\_\_\_ Oven Temp: \_350\_\_ °F

**Omelette Ingredients**

2 Bacon Slices

2 \_\_\_\_\_\_\_\_ ~~5 mL Margarine~~

30 mL Water \_\_\_\_mL Cheese, grated

\_\_\_\_\_ Salt

f.g. \_\_\_\_\_\_\_\_\_

**Instructions:**

1. Cook bacon in \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ on medium-high heat. Turning with \_\_\_\_\_\_\_\_\_ until cooked then remove and place on \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
2. \_\_\_\_\_\_\_\_\_\_\_\_ bacon grease in pan.
3. \_\_\_\_\_\_\_together the eggs, water, \_\_\_\_\_\_\_, and pepper using a fork until blended.
4. Return pan to \_\_\_\_\_\_\_\_\_\_\_\_\_ heat then pour the egg mixture in \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. The mixture will begin to set at the edges quickly.
5. Using a \_\_\_\_\_\_\_\_\_\_spatula, carefully draw cooked portions at edges towards center and \_\_\_\_\_\_\_\_\_\_\_\_ the pan so the uncooked egg can flow underneath.
6. While the top is still \_\_\_\_\_\_\_\_\_\_ looking, sprinkle with the grated cheese.
7. Tilt the pan away from you and fold the omelette \_\_\_\_\_\_\_\_\_\_\_\_. Serve

Check for Doneness:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Hash Browns Ingredients**

1 \_\_\_\_\_\_\_\_\_ 1 mL \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1 mL Oregano 1 mL Pepper

1 mL Seasoning salt 15 mL \_\_\_\_\_\_\_

**Instructions:**

Day 1 – wash and pierce potato. Place on the oven rack and bake at 350 for 20min. Store on tray at font of room for next class.

1. Peel and dice the potato into small cubes. Coat with \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
2. Heat \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ in frying pan on medium heat. Sauté potatoes until \_\_\_\_\_\_\_\_\_\_\_. Turn down heat if potatoes begin to burn.

Check for Doneness: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Tray: Baking time:** 20 min – potato on day 1

 Dishwasher: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 Housekeeper: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 Dish dryer: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 Special Duties:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Person A:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Person B :\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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

Questions:

1. Why should eggs be cooked on medium heat?

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

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1. Timing is important when you are preparing multiple foods that you want to serve at the same time. To get this meal served at the same time you should get the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ prepared first and cooking then start the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and finish with the \_\_\_\_\_\_\_\_ that only take 3-4 minutes to prepare and are not pleasing to eat cold.
2. How can you tell when bacon ins cooked?

Other:

 Let the frying pan cool on the cold burner before you wash it so that it does not warp the pan.

No metal in frying pans!

**After the Lab Reflection**

|  |  |
| --- | --- |
| Did you and partner face any challenges or disagreements? How did you overcome them? |  |
| What could you add to the omelet or hashbrowns to make it better? |  |