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

Servings: \_\_\_2ppl\_\_\_\_ Oven Temp: \_\_350\_\_ °F

**Omelette Ingredients**

2 Bacon slices

2 Eggs ~~5 mL Margarine~~

30 mL Water 45mL Cheese, grated

Pinch Salt

Pinch Pepper

**Instructions:**

1. Cook bacon in omelet pan on medium-high heat. Turning with tongs until cooked then remove and place on plate with paper towel.
2. Save bacon grease in pan.
3. Mix together the eggs, water, salt and pepper using a fork until blended.
4. Return pan to medium heat then pour the egg mixture in all at once. The mixture will begin to set at the edges quickly.
5. Using a silicon spatula, carefully draw cooked portions at edges towards center and tilt the pan so the uncooked egg can flow underneath.
6. While the top is still moist looking, sprinkle with the grated cheese.
7. Tilt the pan away from you and fold the omelette in half. Serve.

Check for Doneness: \_\_\_\_\_no runny egg, cheese is melted\_\_\_\_\_\_\_\_\_\_

**Hash Browns Ingredients**

1 Cooked Potato 1 mL garlic powder

1 mL Oregano 1 mL Pepper

1 mL Seasoning salt 15 mL oil

**Instructions:**

Day 1 – wash and pierce potato. Place on the oven rack and bake at 350 for 40 min. Store on tray at font of room for next class.

1. Dice the potato into small cubes. Coat with dry seasoning
2. Heat 15mL of oil in frying pan on medium heat. Sauté potatoes until softens and golden brown. Turn down heat if potatoes begin to burn.

Check for Doneness: \_\_\_\_\_\_\_\_fork tender and golden brown\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Tray: Baking time:** 40 min – potato on day 1

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

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

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

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

Person A: grocery shop for ingredients Person B/C: set up cutting station, open stove top,

Pick up laundry + omelet pan, set up plate for bacon, set table

Questions:

1. Why should eggs be cooked on medium heat?

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

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

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? |  |