

How to Make a Simple Breakfast Sandwich

Introduction

This simple instruction set will show you how to make a delicious and quick breakfast sandwich that is easy to prepare, and that anyone can enjoy. This recipe is perfect for anyone who just wants quick and simple meals, and has basic cooking skills—ideally the ability to use a stove, and make simple meals like eggs.

NOTE: Children under the age of 13 should not cook this sandwich without supervision and assistance.

Material Needed:

To create this breakfast sandwich, gather or locate the tools and items listed below. Listed below are all the items you will need to create the sandwich, and having them in one place makes the preparation, cooking and assembly faster and easier.

Ingredients

- 2 pieces of Bread
- 1.5 tbsp of Butter
- 2 pieces of Bacon
- 2 Eggs
- Salt
- Optional: Spices

Tools

- Stove
- Plate
- Skillet
- Spatula

Nutrition Facts

The nutritional facts of this sandwich will vary depending on if any substitutions were used, but if the recipe is followed to the specifications, amounts, and ingredients the sandwich will be:

- 464 Calories
 - 22.7 grams of protein
 - 29.8 grams of fat
 - 23.6 grams of carbs

So while this may not be the healthiest breakfast you can have, it is one that is quick to prepare and extremely tasty.

Preparation

1. Gather your ingredients:

- a. Layout all the ingredients that you have prepared near but not next to the stove, and make sure they are in arm's reach and easy to grab.

2. Preheat the skillet:

- a. Place the skillet on the stove and turn the stove on to medium heat, allow it to warm up while you prepare the other ingredients (as shown in figure 1).

3. Prepare the ingredients:

- a. Bacon: If you have regular pre-sliced bacon, take out the two strips that you need and set it aside, else slice it.
- b. Eggs: For fried eggs, keep them whole, in a safe place so that they don't roll and break.
- c. Bread: If using pre sliced bread, set aside pieces for later, else slice it into $\frac{1}{2}$ - 1 inch slices.

4. Set up your cooking area:

- a. After laying out and preparing your ingredients and tools, clear the area close to the stove to ensure that they will not affect or get in the cooking process.
- b. Ensure that you have a plate ready to go, to transfer cooked food too.



Figure 1: Proper Stove Setting for Preheating skillet. Note the medium flame.

NOTE: It is advisable to take out the butter at least 10-15 minutes before the start of cooking, to ease with the assembly of the sandwich but not necessary to do so.

Cooking

1. Cook the Bacon:

- a. Place the two bacon strips into the skillet.

- b. Let it rest on the preheated skillet, for 5 minutes before flipping (as shown in figure 2).
- c. Let it rest on the preheated skillet, for another 5 minutes before grabbing your spatula and transferring the bacon to the plate you prepared earlier.

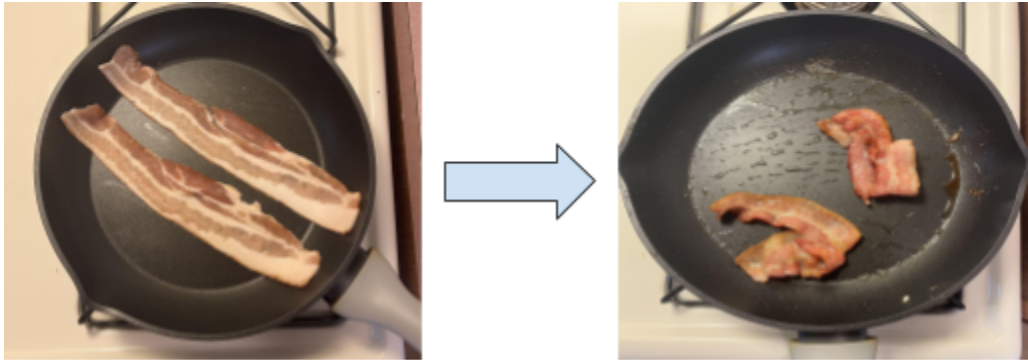


Figure 2: Raw bacon on the left, and chewy cooked bacon on the right, provided for visual authentication

2. Cook the Eggs:

- a. In the same skillet as you cooked the bacon in, crack 2 eggs, one at a time into the skillet.
- b. Let the eggs cook for at most 2 minutes.
- c. Using your spatula, separate the two egg yolks so that they have around equal amounts of egg whites.
- d. Using your spatula, flip the eggs (as shown in figure 3).
- e. Season with salt or other spices.
- f. Let the eggs cook for at most another 2 minutes.
- g. Using your spatula, transfer the eggs to your prepared plate.

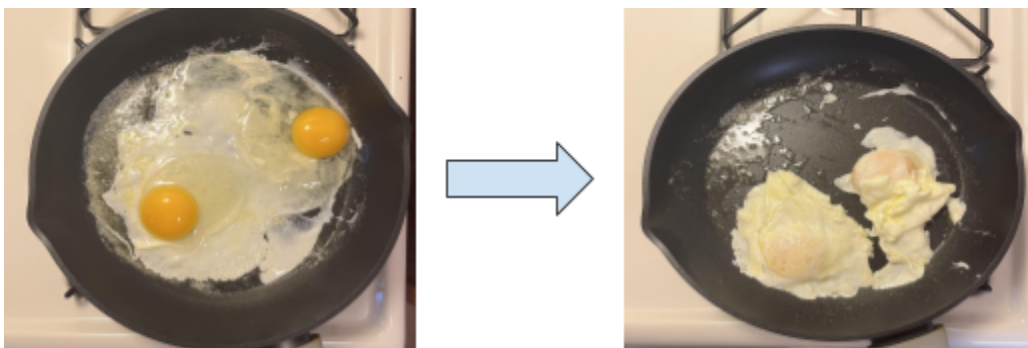


Figure 3: Raw eggs on the left, and cooked eggs on the right, provided for visual authentication

3. Toasting Bread:

- a. Lower the stove to a medium low heat.

- b. Take a ½ tbsp of butter and place it in the skillet (as shown in figure 4).
- c. Let it melt.
- d. Place the two pieces of bread on the skillet.
- e. Let them toast on the skillet for 1.5 minutes.
- f. Flip both pieces of bread.
- g. Let them toast for another 1.5 minutes.
- h. Using your spatula, transfer them to your plate.



Figure 4: Untoasted bread on the left and toasted bread on the right provided for visual authentication

WARNING: Operating a stove can be hazardous—keep flammable items away from heat sources and never leave it unattended.

Alternative Cooking Times and Ways

1. Bacon:

- a. Bacon can be served in two ways:
 - i. Chewy: Cook for 4-5 minutes on each side for a total of 8-10 minutes.
 - ii. Crispy: Cook for 6-7 minutes on each side for a total of 12-15 minutes.

2. Eggs:

- a. In this sandwich, eggs can be made in three different ways for this sandwich:
 - i. Scrambled: Scramble and mix the eggs until no white egg yolks are visible, cook until set, but still soft.
 - ii. Sunny Side: Don't flip eggs, separate and let cook for another 2 minutes.
 - iii. Over easy: Follow posted directions in the cooking section.

Assembly

1. Bread:

- a. Take the two pieces of bread.
- b. Take 1 tbsp of butter and split it in half.

- c. Using each half of the butter for each slice of bread, spread the butter on one side of the bread, for both pieces.
- 2. Eggs:**
 - a. Take the eggs.
 - b. Take the bread.
 - c. For each piece of bread, put one egg on the butter side (as shown in figure 5).
- 3. Bacon:**
 - a. Take each piece of bacon and lay them on the eggs

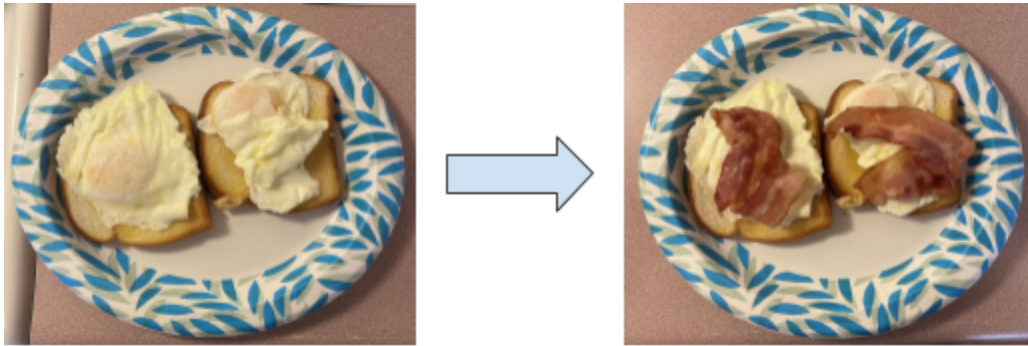


Figure 5: Process of assembling the sandwich of bread, butter, eggs, bacon

WARNING: Hot food can cause burns, so use caution when handling hot ingredients and let them cool slightly before eating.