

## **Breakfast Guide**

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# Welcome to your breakfast guide!

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Here you will find a brief introduction and what to expect from this guide.

Welcome! This is your super helpful breakfast guide that will make sure you feel right at home in the kitchen. In this guide you will find:

- Where to find items in the kitchen
- Several recipes to make sure you are full and nourished for the day (or until lunch)!
- Cleanup instructions
- Troubleshooting tips
- My contact information, in case you need help

Good luck, and happy cooking!

## Eating Healthy and Happy

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This section will explain what constitutes a good breakfast, from both a nutritional and mental health standpoint.

In this breakfast guide, I have chosen meals that all work together to provide you with a great start to the day. Eggs provide high quality protein as well as a variety of vitamins and minerals, and breakfast meats like ham and bacon contribute to your daily protein as well. Cheese and milk start you off right with calcium, and pancakes and english muffins can fill you with enough carbohydrates to sustain your energy levels throughout the day. It can never hurt to throw in a few vegetables, and while your body is important, it's just as important to have a good time, so I decided to include a recipe for a bloody mary to get you a few veggies and a slight buzz. I hope you enjoy these recipes and feel healthy and happy by the end of your meal!

## Where to find the food

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When making any of these recipes, please note that all items are fully stocked and available in the kitchen. Here you will find the location of all of these items.

### Dairy products

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All dairy products can be found on the main shelf of the refrigerator.

### Juice

Juice is also located here.

### Fruits

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All fruits can be found in the bottom drawer of the refrigerator, labeled "fruits".

### Tomatoes

Technically, tomatoes are a fruit. They are, however, located with the vegetables in the "crisper" drawer for this meal.

## Vegetables

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All vegetables can be found in the bottom drawer of the refrigerator, labeled “crisper”.

## Dry goods

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Any dry goods, like bread or flour, are in the second cabinet on the right above the stove.

## Materials

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All materials like bowls, knives, whisks, or cocktail shakers are in a large plaster container under the sink. Don't ask me why, I just thought it would be convenient to have them all in one place.

## Drinks

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### How to make a bloody mary

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This task will explain what you need and what steps to take to make a bloody mary.



This is our family's secret recipe, so enjoy, but keep it safe!

You will need:

- 1 tablespoon celery salt
- ¼ lemon, cut into two wedges
- ½ tsp Worcestershire sauce
- ¼ tsp soy sauce
- ½ tsp freshly ground black pepper

- dash cayenne pepper
  - ¼ tsp hot sauce
  - ½ tsp freshly grated horseradish
  - 2 ounces vodka
  - 4 ounces high-quality tomato juice
  - 1 stick celery
  - 3 pieces cooked Oscar Mayer Applewood Smoked bacon
  - 1 dill pickle spear
  - 5 pitted green olives
  - 5 pieces of beef jerky
  - 5 1-in cubes of sharp cheddar cheese
  - 2 long skewers
1. Place the celery salt into a shallow plate or bowl.
  2. Rub the rim of a 12-ounce glass or tumbler with one of the lemon wedges.
  3. Coat the wet rim with the celery salt.
  4. Place the lemon on the rim of the glass as a garnish and fill the glass with ice.
  5. Add the Worcestershire, soy, and hot sauces, black and cayenne pepper, and horseradish to the bottom of a cocktail shaker.
  6. Fill the shaker with ice, and add the vodka, tomato juice, and juice from the second lemon wedge.
  7. Shake the cocktail shaker vigorously, and taste for seasoning. At this point, you can adjust spices and sauces and add more according to your own preference.
  8. Strain the contents of the shaker into the ice-filled glass.
  9. Place the 5 olives on one of the skewers.
  10. On the second skewer, alternate pices of beef jerky and cheese cubes.
  11. Place the celery stick, the pieces of bacon, the pickle spear, the green olive skewer, and the beef and cheese skewer in the glass, and serve immediately.

## Main Courses

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### How to make a breakfast sandwich

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Here you will learn to make a delicious breakfast sandwich as the main course of your breakfast.



This recipe will provide you with tons of nutrients and power to start the day.

You will need:

- 1 english muffin, cut in half
  - 2 large brown eggs
  - 2-4 slices of ham
  - 2 slices of cheese (your preference)
  - 1 tsp chives, finely chopped
  - salt and pepper to taste
  - 1 tbsp olive oil or butter to saute
1. Heat a large non-stick pan over medium heat and drizzle with 1 tbsp oil.
  2. Place your english muffin on half of the pan, cut side down.
  3. Crack 2 eggs side by side on the other half of the pan and break the yolks with a spatula.
  4. Once the eggs are almost cooked through, sprinkle them with salt, pepper, chives, and top with the first slice of cheese.
  5. Place toasted english muffins cut-side-down over the eggs and press the tops with a spatula. The cheese will allow the muffin to stick to the egg.
  6. Flip the sandwich over so it is egg-side-up and place the ham slices and second slice of cheese on top.
  7. Top the sandwich with the other half of the english muffin, and enjoy!

Remember, when using the stove, oven toaster, or other heated or electrical appliance, safety is the top priority. Always be careful, and remember to use oven mitts or other heat protection. Oven mitts are located in the cabinet next to the refrigerator.

## How to make pancakes

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This task will explain what you need and what steps to take to make pancakes.



This recipe will keep breakfast classic with some old-fashioned pancakes.

You will need:

- 1 ½ cups all-purpose flour
- 3 ½ tsp baking powder
- 1 tsp salt
- 1 tbsp white sugar
- 1 ¼ cups milk

- 1 egg
- 3 tbsp butter or margarine

1. In a large bowl, sift together flour, baking powder, salt and sugar.
2. Make a well in the center of the dry ingredients and pour in milk, egg, and melted butter. Mix this until smooth.
3. Heat an oiled griddle or pan over medium high heat. Pour  $\frac{1}{4}$  cup of batter onto the griddle.
4. Brown the pancakes on both sides and serve hot.

Remember, when using the stove, oven toaster, or other heated or electrical appliance, safety is the top priority. Always be careful, and remember to use oven mitts or other heat protection. Oven mitts are located in the cabinet next to the refrigerator.

## Sides

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### How to make a fruit salad

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This task will explain what you need and how to make an amazing fruit salad.





This recipe is for a perfectly balanced and delicious fruit salad.

You will need:

- 2 cups fresh strawberries
  - 2 cups green seedless grapes
  - 1 small canteloupe, cut into chunks
  - 2 firm bananas, sliced
  - 1/3 cup fresh 100% orange juice
1. In a large bowl, combine the fruit.
  2. Pour the orange juice over the fruit and toss to coat all the fruit in juice.
  3. Cover and refrigerate the salad until you are ready to eat it.

## Cleanup and Further Resources

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### HELP: What to do if the stove does not turn on

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This information will be especially helpful if you are making a breakfast sandwich or pancakes, which require the use of the stove and frying pan.

#### The burner will not turn on

So you've hit the start button, or turned the knob from "off" to one of the settings from 1-9 (low-high), but nothing is happening. Relax, this stove is finicky.

- Turn off all knobs and burners
- Turn around three times while singing the chorus from Britney Spears' "Toxic"
- With you left ring finger on your nose, use your right hand to turn the burner from "off" to whichever heat setting you need to use
- The stove should now be working

#### The stove does not appear to be on at all

This is a situation in which none of the buttons are beeping when you press them, the burners do not get hot when you turn them on, and the clock is not turned on on the top of the stove.

- Use all of your strength to pull the stove away from the wall
- Keep trying because it's really heavy so I know you didn't get it the first time
- Plug in the stove to the outlet behind the stove
- Return the stove to its original position and turn it on

### Cleaning up

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Here is some information on how to clean up once you're done cooking.

I know I'm super fun and nice for letting you cook here and hooking you up with all the ingredients and stuff, but please clean up when you're done! It would make me very happy and would really show your gratitude :)

All leftover food scraps, egg shells, fruit peels, etc. can be tossed directly into the garbage. Anything that is not trash-worthy can be wrapped in plastic wrap or a plastic baggie (both can be found in the drawer under the microwave)

or placed in a tupperware container (located under the sink with the cooking utensils). They can all be placed in the refrigerator.



Plastic dishes can be rinsed out and placed on the top rack of the dishwasher, and metal or glass dishes can be rinsed out and placed on the bottom rack of the dishwasher. To start the dishwasher, add one cascade (or other brand) detergent pod, close the dishwasher, and hit the "Normal" cycle button. It will run for about 40 minutes.

As far as the stove and countertop, there is a large spray bottle of 409 in the cabinet next to the refrigerator. Soak the counters in this and use a rag (also found in the cabinet) to wipe it up.

Please take out the trash when you are done, the dumpster is located behind my building next to the tennis courts.

## Recipe References

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Here you will find links to all the recipes shown in this guide, for further use.

- [\*Bloody Mary\*](#)

<http://www.seriousseats.com/recipes/2011/06/the-ultimate-fully-loaded-bloody-mary-recipe.html>

- [\*Breakfast Sandwich\*](#)

<http://natashaskitchen.com/2016/05/20/breakfast-sandwich/>

- [\*Pancakes\*](#)

<http://allrecipes.com/recipe/21014/good-old-fashioned-pancakes>

- [\*Fruit Salad\*](#)

<http://www.food.com/recipe/very-basic-fruit-salad-290900#activity-feed>

## Thank you

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This is a nice message thanking you for using this guide.

I hope you enjoyed these recipes! I tried to incorporate many healthy items as well as some fun ones! These were all chosen with your dietary needs and preferences in mind, and I hope you will want to come back and visit sometime!

Thanks for visiting and cooking with me!