

## **Breakfast Sandwich**

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# Chapter 1. Breakfast sandwich

This is considered a breakfast sandwich because it has an egg on it, but this sandwich is a delight at any time of the day. By the time you have finished reading these instructions, you will be able to make a quick, easy, and cost-effective meal.

Ingredient	Quantity
Egg	1, large
Shredded cheese	2 oz
Bread	1 slice
Butter	~3mm
Salt and pepper	To taste

## Chapter 2. What you'll need

For a single-serve sandwich, you'll want to have a single-egg pan. These are available at most stores and they are about 4-5 inches in diameter. A larger pan would work in a pinch, but you may end up with a fried egg that is too big for your bread. You will also need a toaster and a stove.

### Warning

Toasters and stoves can be dangerous if used improperly and functionalities vary by model. Be sure to refer to the manufacturer's guidelines for safe use. Always make sure your appliances are clean and functional. Do not leave your toaster or stove unattended. Supervise children closely when appliances are on.

# Chapter 3. Making the sandwich

Here, you will learn how to make the sandwich.

## Making toast

Toasters and stoves can be dangerous if used improperly and functionalities vary by model. Be sure to refer to the manufacturer's guidelines for safe use.

1. Put your bread in the toaster.

2. Turn on the toaster.

For a nice golden-brown, you may want to use setting 2 or 3. Toaster strength can vary greatly, however, so use the setting that works best on yours.

3. While you wait for the toast, fry your egg.

## Fry the egg

To fry your egg:

1. Turn on your stove.

Use a low setting.

2. Place your egg pan on the burning stove.

3. Add butter to your egg pan.

Use a small (<3mm) slice of butter. Put it on the pan.

4. Spread the butter so it covers the pan.

You can do this by tilting the pan in different directions, or you can use a knife or other utensil to push the slice of butter around the pan. Try not to scratch the pan with a metal utensil so as not to damage the nonstick coating. Ensure the butter covers the entire pan.

5. Crack the egg.

Hit your egg against a hard surface. The countertop works. Split it open.

6. Release the egg into the pan.

7. Break open the yolk in the pan.

Yolks tend to stay as a single, round unit until their surface is broken.

- a. Use the side of the broken eggshell (or a kitchen utensil) to make a cut in the yolk.

- b. You will know you have made a successful cut once the yolk is not a distinct round unit and rather spills into the rest of the pan.

8. Add a pinch of salt to the pan.

9. Flip your egg.

Once your egg has had some time to cook on one side, it is time to flip it. This is the most tedious part of the recipe, yet it is also the most rewarding if done correctly.

- a. Briefly take your pan off the stove and bring it over the sink (just in case you miss).
- b. With a swift arm jab motion forwards and upwards, flip your egg up and back into the pan so the other side can cook.
- c. Congrats! The hard part is over.

10. Add some pepper.

11. Assess your egg.

How does it look? Do you think it needs another flip, or more cooking time?

12. Once you have decided your egg is ready, turn off the stove burner.

## Assemble the sandwich

Putting it all together...

1. Take your toast out of the toaster and put it on a plate.

2. Add shredded cheese to your toast.

Spread out your cheese evenly so you can get a good amount in every bite.

3. Slide your egg off the pan and onto the bed of cheese on your toast.

Try to get your egg to cover the center of your toast.

4. Wait about two minutes.

Eating this sandwich too soon will not give the egg enough time to melt the cheese, and could result in a burnt mouth.

5. While you wait, add salt or pepper, if desired.

If you like hot sauce, you could also add that.

6. Enjoy your sandwich!

Cooking for one is an act of self-love. Relish in the simple beauty and deliciousness of the open-faced egg sandwich.