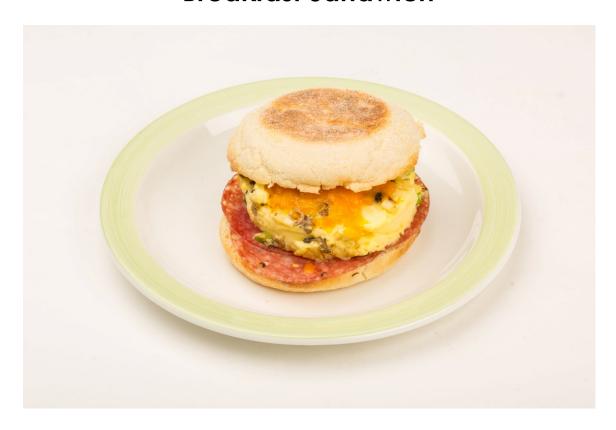


Breakfast Sandwich



Recipe Rating				
Total Time	60 Minutes			
Cooking Time	35 Minutes			
Total Labour	25 Minutes			
Knife Skills	Basic			

Equipment				
Chef's knife/Peeler/Cutting Board				
Whisk/Spatula				
Mixing Bowl or Pan				
$\frac{1}{2}$ size- 2" deep production pans				
Bulk Retherm Cart (or regular oven)				
or Tray Service Retherm Cart				

Nutrition Facts				
Valeur nutritive Per 1 serv (120g) / par 1 serv (120g)				
Amount % Daily Teneur % valeur quotic				
Calories / Calories 250				
Fat / Lipides 8q Saturated / satures 3.5g + Trans / trans 0q	12% 17%			
Cholesterol / Cholesterol 85mg				
Sodium / Sodium 470mq Carbohydrate / Glucides 33q Fibre / Fibres 2q	20% 11% 8%			
Sugars / Sucres 2q Protein / Proteines 13g				
Vitamin A / Vitamine A	0%			
Vitamin C / Vitamine C	4%			
Calcium / Calcium	20%			
Iron / Fer	20%			



	25 Portions		50 Portions	
	Metric	Standard	Metric	Standard
English Muffin, Fresh	25 each	25 each	50 each	50 each
Liquid Egg	600 mL	20.3 fl oz	1.2 L	1.3 quarts
Milk, 2%	250 mL	8.5 fl oz	500 mL	17 fl oz
Cheddar Cheese	250 gm	8.8 oz	500 gm	1.1 Lbs
Onions, Fresh, Diced	50 gm	1.8 oz	100 gm	3.6 oz
Green Pepper, Fresh, Diced	50 gm	1.8 oz	100 gm	3.6 oz
Mushrooms, Fresh, Sliced	50 gm	1.8 oz	100 gm	3.6 oz
White Pepper	5 mL	1 tsp	10 mL	2 tsp
Turkey Pepperoni, thin slice	250 gm	8.8 oz	500 gm	1.1 Lbs

Method



1. Wash green peppers and mushrooms. Remove core from green peppers. Peel onion. Dice green peppers and onions. Slice mushrooms.

Combine liquid egg, milk, vegetables and white pepper, and whisk together.



2. Transfer to a $\frac{1}{2}$ size- 2" deep production pan that has been prepared with nonstick spray (or coated with butter). Cover with plastic wrap and aluminum foil.

Place pan in Multigen for 30 minutes. Open foil cover and add cheese to top of the egg mixture, cook another 5

nutes to melt the cheese.



3. **Bulk:** remove cooked egg from Multigen and cut into 50 gm portions. Assemble the sandwich with an open English muffin, a portion of turkey pepperoni and a portion of the cooked egg on top.

Cold Plating: allow to cool and wrap in foil bag. Serve on a plate and

place on the hot side of the tray to retherm prior to service.



4. Serve hot.

This recipe can be adjusted with different ingredients as desired.

Garnish: n/a

Food Accompany: Fruit or yogurt breakfast side

