

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
½ 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 Value
Teneur	% valeur quotidienne
Calories / Calories	250
Fat / Lipides 8g	12%
Saturated / satures 3.5g	
+ Trans / trans 0g	17%
Cholesterol / Cholesterol	85mg
Sodium / Sodium 470mg	20%
Carbohydrate / Glucides 33g	11%
Fibre / Fibres 2g	8%
Sugars / Sucres 2g	
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	
	<p>1. Wash green peppers and mushrooms. Remove core from green peppers. Peel onion. Dice green peppers and onions. Slice mushrooms.</p> <p>Combine liquid egg, milk, vegetables and white pepper, and whisk together.</p>
	<p>2. Transfer to a ½ size- 2" deep production pan that has been prepared with nonstick spray (or coated with butter). Cover with plastic wrap and aluminum foil.</p> <p>Place pan in Multigen for 30 minutes. Open foil cover and add cheese to top of the egg mixture, cook another 5 minutes to melt the cheese.</p>
	<p>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.</p> <p>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.</p>
	<p>4. Serve hot.</p> <p>This recipe can be adjusted with different ingredients as desired.</p>
<p>Garnish: n/a</p>	
<p>Food Accompany: Fruit or yogurt breakfast side</p>	

