

# **EGG McMUFFIN**

(serves 1)

## **INGREDIENTS AND QUANTITIES:**

1 English muffin  
1 slice of ham  
1 slice of cheese  
1 egg, poached  
vinegar  
salt

## **EQUIPMENT & UTENSILS:**

Custard cups  
Cookie sheet  
Knife

## **PROCEDURE:**

1. Poach egg to desired doneness.
2. Spread margarine on one side of each muffin half. Put on cookie sheet. Place under broiler to toast. Broil ham at the same time.
3. Remove muffins and ham from oven. Place half a slice of ham on each muffin half. Then place egg on top of ham. Top egg with a slice of cheese.
4. Return to oven, broil about 30 seconds or just until cheese melts. Serve immediately.

## **POACHED EGGS**

### **POACHING EGGS IN MICROWAVE:**

1. Use a custard cup for each egg. In each cup heat at HIGH 50 ml. hot water and a dash of vinegar and salt.
2. Break egg into bowl with a toothpick. Pierce the egg yolk twice and the egg white several times.
3. Cover with plastic wrap. Cook at MEDIUM.  
1 egg - 1/2 - 3/4 minute  
2 eggs - 1 1/2 - 1 3/4 minutes  
4 eggs - 2 1/4 - 2 1/2 minutes
4. Let stand a minute.

### **POACHING EGGS IN WATER:**

1. Fill a shallow pan with water deep enough to cover the egg completely. Bring water to a boil. Lift the pan off heat.
2. Stir water and slip the egg into the water; return the pan to LOW heat (not boiling).
3. Cook until the white is firm and a film has formed over the yolk, about 3-5 minutes.
4. Lift the egg with a slotted spoon.

### **EGG POACH:**

1. Grease egg cups.
2. Heat water in bottom of pan, cover.
3. Cook until the white is firm and the yolk is the consistency you desire.