

# Bacon, Eggs and Toast

## INGREDIENTS (for each person):

1-2 rashers of bacon  
1 (or 2) eggs  
1 (or 2) slices of bread

cooking spray

## EQUIPMENT:

frying pan  
cup  
egg lifter  
paper towel

Put everything you need out on the bench or table.

Heat frying pan to medium heat. Lightly spray frying pan with cooking spray.

Add bacon and cook for about 2 minutes on each side or until lightly browned.

Move to the side of the pan.

Reduce heat to low. Break eggs (one at a time) into a cup. Pour each egg into the pan.

Cook for 2 minutes (or as desired).

Use the egg lifter to remove the egg from the pan. Drain bacon on paper towel and place on plate with egg.

Serve with toast.

© Cathryn Williamson

## Poached Eggs

### INGREDIENTS (for each person):

1 (or 2) eggs  
water  
2 teaspoons vinegar

### EQUIPMENT:

saucepan  
egg lifter

Put everything you need out on the bench or table.

Add water to the saucepan to a depth of about 3cm. Add vinegar.

Using medium heat, heat until water simmers (bubbles gently).

Gently break in eggs, one at a time.

Cook until whites are solid.

Lift out with the egg lifter and serve.

## Scrambled Eggs

### INGREDIENTS (for each person):

2 eggs  
2 tablespoons milk

### EQUIPMENT:

microwave  
shallow heatproof dish  
whisk (or fork)  
measuring spoons

Put everything you need out on the bench or table.

Break eggs into dish and add milk.

Whisk until combined. Heat in microwave (on high) for 30 seconds.

Remove from microwave and whisk again.

Heat for another 10-30 seconds.

Whisk (stir) again and serve.

© Cathryn Williamson