

Study Guide

Breakfast EGGstravaganza!

Erik “Egg” Berlin

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Contents

Breakfast EGGstravaganza contains a 22 minute close-captioned program and this guide which owners of the program may duplicate for classroom use.

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Overview

What would a cooking show on MTV look like? Pretty much like Breakfast Eggstravaganza!

Professional chef Erik "Egg" Berlin mixes cooking basics with a unique visual style and original hip-hop music to cook up a program young viewers will enjoy.

At the core of the program are real cooking skills and practical information. Viewers will learn to prepare delicious recipes with very little time, money or equipment.

Viewers will learn:

- To prepare a nutritious homemade breakfast with limited resources using the stovetop, microwave, and toaster oven.
- To understand and prepare four recipes.
- Learn procedures such as whisking, browning, and chopping.
- To garnish a plate using sour cream in a sandwich bag and herbs.
- Safety procedures.

Before and After Showing This Program

Duplicate the hand-outs in this guide and distribute them to students before viewing.

Recipe Review Sheet

Tell students to record ingredients, materials, and procedures while viewing the cooking demonstration. Discuss after viewing.

Safety and Sanitation

Tell students to record information on safety and sanitation. Review the information after viewing.

Understanding the Recipe

Discuss this sheet with students.

Encourage students to make these recipes and discuss their experiences with the class. Which dish did they like best? Which least? Did they make any mistakes?

French Toast

Ingredients

6 Sliced Bread, White or Wheat
3 Eggs
1t Vanilla
1t Cinnamon
4oz Syrup
1T Butter

Materials

Large Sauté Pan, Bowl, Wisk or Fork, Spatula

Directions

Heat up your pan on medium heat.

In a bowl scramble the eggs and add a drop of vanilla and a dash of cinnamon. Set this mixture aside.

Take some bread, it can be white or wheat and dip it in the egg mixture.

Add a small amount of butter to your preheated pan and add the slices egg soaked bread. You should hear a light sizzle right away; cook until the slices are golden brown.

Pile the French toast on a plate, soak them in syrup and dig in.

Fruit Salad with Yogurt and Granola

Ingredients

1 Bananas
10 Strawberries
1 Apples
1C Blue berries
1t Vanilla
2T Honey
2C Yogurt
2 Granola Bars

Materials

Serving cups, cutting board, knife, spoon, mixing bowl

Directions

Chop the banana, strawberry and apples in to bite size pieces.

Mix together the yogurt, vanilla and honey and set aside.

Take a packaged granola bar and crush it with something heavy.

Drop a spoonful of fruit into the bottom of a cup or glass.

Spoon some yogurt on top.

Sprinkle with some crushed granola.

Layer the ingredients until you get to the top of the glass.

Place these into the fridge to chill out for 10-15 minutes before eating.

Chili and Eggs with Tortilla Crisps

Ingredients

2 Flour Tortillas
3 Eggs
2t Jalapeno Chili Pepper
2t Hot Sauce
4oz Cheddar Cheese
TT Salt and Pepper

Materials

Range, Toaster Oven or Oven, Medium Frying Pan, Rubber spatula, Wisk or Fork, Small Bowl.

Directions

Cut the flour tortillas up into eight pieces. Lay them on a baking sheet.

Lightly sprinkle the tortillas with cheese, salt, and pepper.

Toast them until they are golden brown in an oven or toaster oven. The oven should be at 400 degrees F for 5-10 minutes, checking every minute after the 5 minute mark. The toaster should be set on "dark toast" setting and monitored through the viewing area.

Chop the jalapeno chili pepper into a small dice and sauté in 1 tablespoon of butter.

While the chili peppers are cooking, whisk together the eggs with hot sauce, salt and pepper.

Scramble the eggs in a pan on low heat. This will make the eggs light and fluffy.

Serve the Chili and Eggs with the baked tortilla chips.

Sauté is a French term meaning "to jump." It means to cook the food over high heat while keeping the food moving throughout the cooking process.

TT = To Taste

Huevos Rancheros

Ingredients

6	Eggs	1	Onion
4oz	Cheddar cheese	1	Green pepper
8oz	Bacon	2	Potatoes

Materials

Oven or Range, Microwave, Bowl, Wisk or Fork, cutting board, knife, large pan

Directions

Crack the eggs into a bowl and whisk them with a whisk for fork. Put them to the side.

Chop the potatoes into chunks.

Cook the potatoes in the microwave until they are just soft, this should take about 5 minutes.

While the potatoes are cooking, chop the bacon into 1inch pieces and fry it in a pan on medium heat. Take the bacon out when it is crispy.

Take the potatoes out of the microwave and brown them in the same pan you used to cook the bacon.

While the potatoes are frying, cut the onions and green peppers into a medium dice.

Add onions and green peppers to the pan and cook for 2 minutes.

Add the bacon and mix together.

Pour the eggs over the mixture and sprinkle with cheese.

Cover the pan and cook on low heat until the eggs are firm and the cheese has melted.

If you want to bake this on the oven, place in a casserole dish and bake in an oven at 350 for 25 minutes or until the eggs are cooked and the top of the huevos are golden brown.

Serve the dish with a little sour cream, salsa, and some fresh green herbs. Ole, huevos rancheros!

Understanding the Recipe

Name _____ Date _____ Class Pd. _____

Directions: Read the recipe below and answer the following questions.

French Toast

Ingredients- Servings 3

6	Sliced Bread, White or Wheat	1t	Cinnamon
3	Eggs	4oz	Syrup
1t	Vanilla	1T	Butter

Directions

Heat up your pan on medium heat.

In a bowl scramble the eggs and add a drop of vanilla and a dash of cinnamon. Set this mixture aside.

Take some bread, it can be white or wheat and dip it in the egg mixture.

Add a small amount of butter to your preheated pan and add the slices egg soaked bread, you should hear a light sizzle right away, cook until the slices are golden brown.

Pile the French toast on a plate, soak them in syrup and dig in.

Questions

1. How many serving will this single recipe yield? _____

Double Recipe _____ Half Recipe _____

2. What temperature should you pre-heat your pan? _____

3. What measuring equipment will you need? _____

4. Can you only use one type of bread in this recipe? _____

5. What should happen when you add the soaked bread to the pan?

6. What color should the French toast be when it is done? _____

Recipe Review Sheet

Name _____ Date _____ Class Pd. _____

Directions: While viewing the video, please fill out the following sections.

Recipe: _____

Ingredients	Materials	Procedure
1.	1.	1.
2.	2.	
3.	3.	2.
4.	4.	
5.	5.	3.
6.	6.	
7.	7.	4.
8.	8.	
9.	9.	5.
10.	10.	
11.	11.	6.

Safety and Sanitation Sheet

What are two sanitation tips mentioned in the program?

1.

2.

What are two safety tips that are mentioned in the program?

1.

2.

Why are safety and sanitation important in the kitchen?