

Breakfast Bonanza

The Continental Way



Eggy Bread

Ingredients:

- 4 eggs
- 4 slices of bread
- Milk
- Oil

Equipment

Mixing bowl
Fork
Spoons
Knife
Frying pan



Method:

1. Crack the eggs into a mixing bowl and whisk until light and fluffy. Add a small amount of milk (1 tbsp) and whisk into the egg mix.
2. Cut the 4 slices of bread into quarters.
3. In a fry pan heat 1 tbsp olive oil until hot.
4. Dip each quarter of bread into the egg mix and allow it to soak up the egg.
5. Place the egg soaked bread into the hot pan. Allow to cook for approximately two minutes until the under side is golden brown. Turn the bread over and cook until golden brown on both sides.
6. Repeat with remainder of bread.
7. Serve with sliced tomatoes and ham.

Continental Breakfast

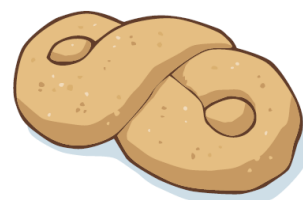
Serves 4

Ingredients:

- 1 medium French stick
- 2 large tomatoes
- 2 slices ham
- 2 slices salami
- 50g cheese
- 2 apples

Equipment:

Knife
Chopping board
Oven



Method:

1. Pre-heat oven to 180°C and place the French stick into the oven for 5 minutes to warm through
2. Thinly slice tomatoes, cheese and apples
3. Serve all breakfast components and dig in!