

MASTER CHEF NYU



The Ultimate Cooking Showdown!



Team: Silver Spoon The Eggstravaganza

- 13 organic jumbo eggs
- 1 loaf whole wheat bread
- 3 cups brown sugar
- 1 cup cinnamon sugar
- ¼ lb goat cheese
- ½ lb mozzarella
- 3 green bell peppers
- 3 red bell peppers
- 1 red onion
- 1 salt shaker
- 1 pepper shaker
- ¼ lb white mushrooms
- 3 peaches
- 1 liter vegetable oil
- 1 qt low fat vanilla yogurt
- 2 sticks unsalted butter
- 3 whole red apples
- 2 whole plums
- 1 whole cantaloupe
- 2 whole mangoes
- ½ gallon skim milk
- 1 pint raspberries
- 1 pint blueberries
- 1 pint strawberries



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Cooking Instructions

1. Wash hands and ensure cooking area is clean
2. This meal will consist of a heart healthy omelet, healthy fruit yogurt, Light English Breakfast (Eggs in Toast), and a fruity healthy shake to get the day going
3. Begin with the eggs, crack them into a bowl
4. Separate egg whites and yolks
5. Finely chop vegetables
6. Coat pan with vegetable oil
7. Pour 5-6 egg whites into pan on high heat
8. As the egg cooks, add cheese, peppers, red onions, salt, pepper, and mushrooms.
9. Complete Omelet with a spatula by flipping it in half and place on plate to be presented.
10. Next, put a small piece of butter in the pan and turn heat to medium
11. Take whole wheat bread slices and cut a hole 2 inches in diameter in the middle of each slice
12. Place the slices in the pan one at a time, pouring a bit of egg white in each hole.
13. Cook each side thoroughly
14. While the bread is cooking, prepare a plastic low rim plate with the cinnamon and sugar and brown sugar
15. Place the English breakfast in this sugar mix and dip both sides.
16. Place on a plate and top with a handful of raspberries, blueberries, and strawberries to be served
17. Now to begin the fruit yogurt, chop the apples, peaches, plums, and cantaloupe
18. Make sure to collect the fruit juice on the cutting board and mix the yogurt, fruit and fruit juice together in a bowl.
19. Pour yogurt mix into a cup to be served.
20. Lastly, for the shake, take all leftover fruits including, apples, peaches, plums, mango, raspberries, blueberries, and strawberries, and the 2 cups of skim milk and place in a blender.
21. Turn blender onto low mix setting for 10 seconds
22. Move to a chop setting for another 10 seconds
23. Go to a pulsing setting for another 10 seconds
24. Finally move to a liquefy or whip setting for another 10 seconds.
25. Turn off Blender and pour shake into cups for serving
26. Place one omelet, one English breakfast, one serving of yogurt and one cup of the shake on a plate. Serve egg dishes warm and fruit dishes chilled.
27. Clean up cooking area completely and wash hands.
28. Enjoy a deliciously healthy breakfast!