

## Egg McMuffin®

This is a PER sandwich recipe:

### Ingredients:

1 large grade A egg  
1 english muffin  
butter, REAL butter  
1 slice American cheese (real...not processed cheese food)  
1 slice Canadian bacon  
1 "12x12" sheet of wax paper  
Non Stick Cooking Spray

### SPECIAL TOOLS:

You need an egg ring. Find one at you're favorite cooking specialty store.

### COOKING your Egg McMuffin:

1- Pre-heat an electric griddle to 275 degrees. Toast your english muffin by laying both sides face down on the griddle and applying pressure. This takes about 1 to 1.5 minutes. (they should be medium brown) Set aside.

2- Lay your egg ring on the pre-heated grill. Spray with Pam to prevent sticking. Crack the egg and pour into egg ring on the grill. Poke the yolk with a sharp instrument so it flows.

3- Butter both toasted halves of the english muffin liberally with melted butter. Put a slice of American cheese on the bottom half.

4- About 2 1/2 minutes after you started cooking the egg, the whites should firm up, and the yolk should still be a bit "liquidy". Carefully remove the ring, leaving the egg on the griddle. (you may have to "slice" around the edges if it sticks)

5- Very carefully turn the egg over, and lay one slice of Canadian bacon on the griddle.

6- After about 30-45 seconds, "flip" the Canadian bacon, and remove the egg, placing it on the bottom half (cheesed half) of the english muffin.

7- Put the Canadian bacon on top, and cover with the top of the english muffin.

8- Wrap in pre-cut wax paper just like the hamburger recipes. Let stand 5 minutes, then microwave 12 second on high, and eat.

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