

Breakfast Cookery

SECTIONS

17.1 Meat and Egg Preparation

17.2 Breakfast Breads and Cereals

WRITING ACTIVITY

Write a First Draft

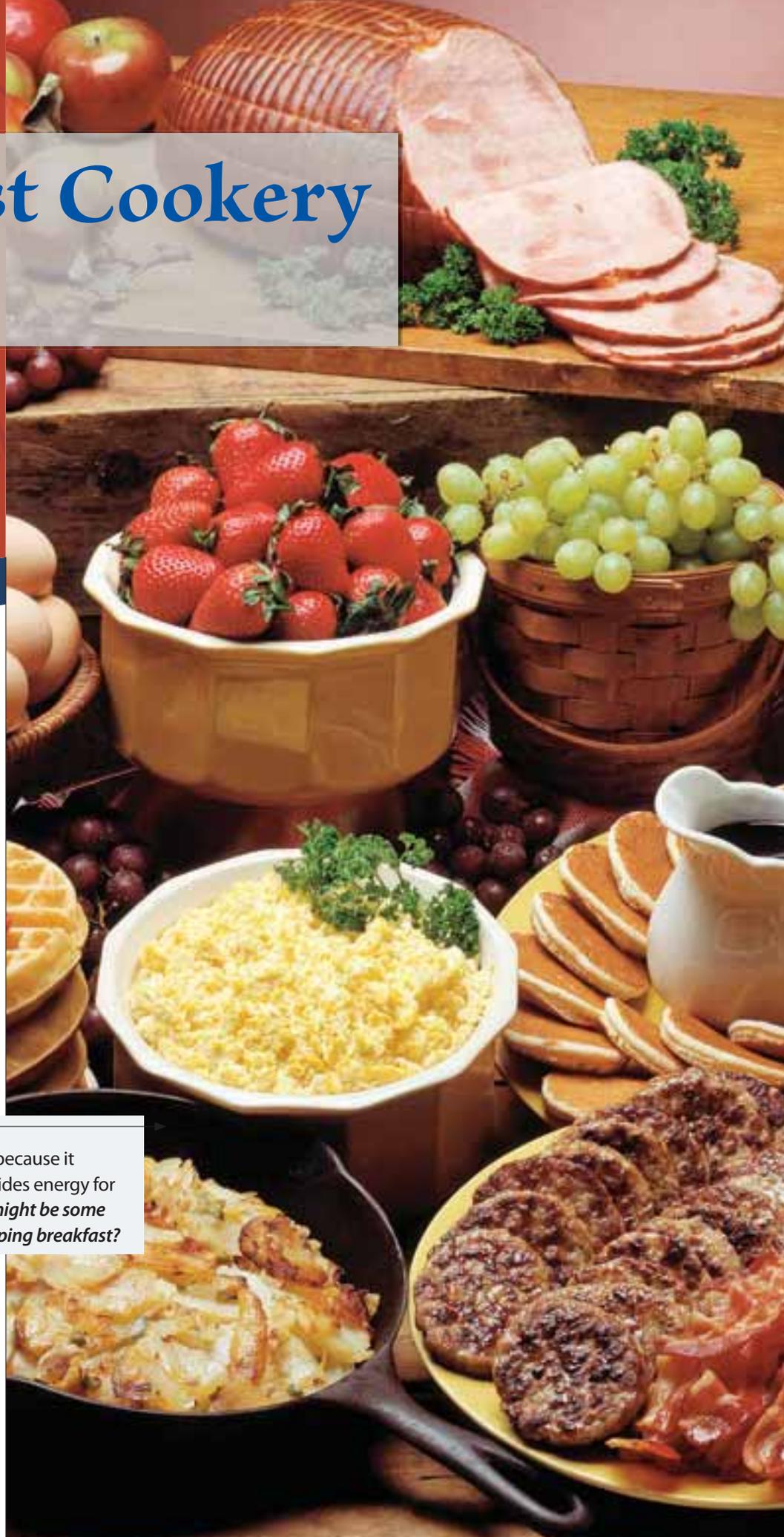
Many people make breakfast for a loved one. Create an outline, and write the first draft of an essay about how to make a special breakfast. Include details about foods, presentation and service.

Writing Tips

- 1 Organize your ideas in an outline.
- 2 Organize your outline into paragraphs.
- 3 Plan each paragraph around one main idea.

EXPLORE THE PHOTO

Breakfast is important because it refreshes you and provides energy for later in the day. *What might be some negative effects of skipping breakfast?*



Meat and Egg Preparation

Eggs and meats form a basis for many breakfast dishes.

Reading Guide

Before You Read

Buddy Up for Success One advantage to sharing your notes with a buddy is that you can fill in gaps in each other's information. You can also compare notes before you start quizzing each other.

Read to Learn

Key Concepts

- **Give examples** of common breakfast protein choices and their characteristics.
- **Explain** how to prepare breakfast meats.
- **Describe** at least five ways to cook eggs.

Main Idea

Traditional breakfast foods usually include eggs, meat, potatoes, breads, pancakes, waffles, and cereals. There are many different ways to prepare eggs and breakfast meats.

Content Vocabulary

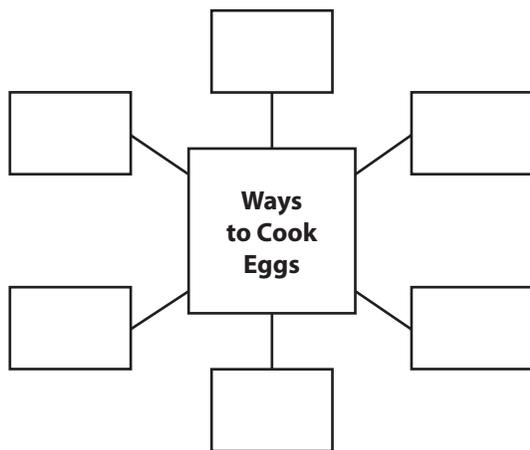
- breakfast meats
- bacon
- Canadian bacon
- sausage
- hash
- albumin
- porous
- egg substitutes
- pasteurized
- soufflé
- dehydrated
- curdle
- omelet
- season
- frittata
- quiche
- shirred
- ramekin

Academic Vocabulary

- designate
- alternative

Graphic Organizer

Use a web diagram like the one below to identify the six ways to cook eggs that are described in this section.



Graphic Organizer

Go to this book's Online Learning Center at glencoe.com for a printable graphic organizer.

ACADEMIC STANDARDS

Mathematics

NCTM Number and Operations Understand meanings of operations and how they relate to one another.

Science

NSES B Develop an understanding of chemical reactions.

Social Studies

NCSS IA Culture Analyze and explain the ways groups, societies, and cultures address human needs and concerns.

NCTE National Council of Teachers of English

NCTM National Council of Teachers of Mathematics

NSES National Science Education Standards

NCSS National Council for the Social Studies

Breakfast Proteins

Several breakfast protein foods are from the pork family, including ham, bacon, and sausage. Eggs are another common breakfast protein food. These protein foods are often served together. Frequently, breakfast protein foods are served with a bread or potato choice to round out the meal.

Types of Meats

Typical **breakfast meats** that are found on foodservice menus include ham, bacon, Canadian bacon, sausage, hash, and steak, although there are many other protein-based breakfast possibilities, such as smoked salmon, tofu, and turkey bacon. The best way to ensure a quality breakfast protein food is to use high-quality meats.

Ham and Bacon

Precooked ham is most often used as a breakfast meat. Slices of ham are either browned under a broiler or warmed on a griddle. When cooking breakfast ham in large quantities, it is often baked.

Bacon comes from the side of a pig, and is cured and often smoked for flavor. Most foodservice operations purchase pork bacon that is already sliced, although it is also available in whole slabs. In addition to pork bacon, turkey bacon is available in many restaurants for customers who want a breakfast meat with less fat. Smoky flavored bacons, such as hickory smoked, are available. Bacon may be served thin- or thick-sliced. The thickness is specified by the number of slices per pound. The average number of slices per pound is 18 to 22.

Canadian Bacon

Canadian bacon is a breakfast meat that comes from boneless pork loin. It is smoked and brined, and has a thin layer of fat on its surface. Canadian bacon is cut smaller than ham slices, but it is cooked and served in a similar way to ham.

Sausage

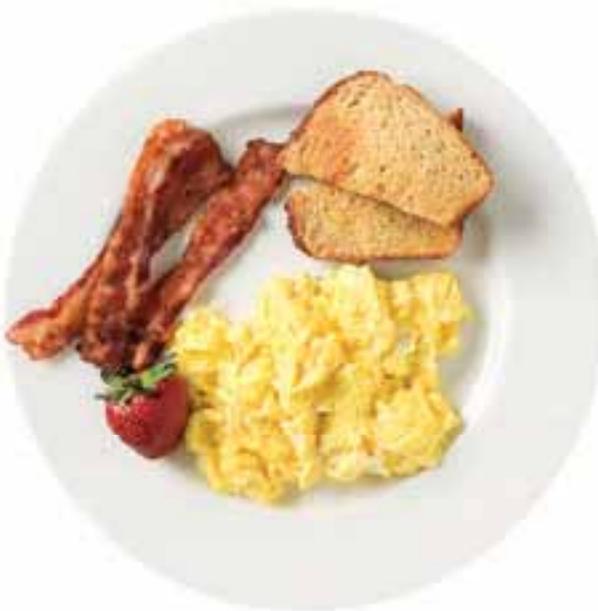
Sausage is usually made of ground pork that has been seasoned and stuffed into casings. Sausage is served in links or formed into patties. Links have a longer shelf life than patties because links have casings that keep the meat from drying out. Some sausages may be made from turkey or chicken.

Hash

Hash is chopped meat that is mixed with potatoes, onions, and seasonings that is usually fried together until lightly browned. Most hashes are made from corned beef, although some are made with roast beef. Hash is often served with eggs.

Steak

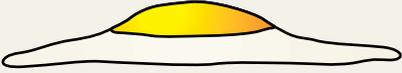
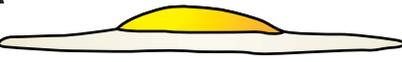
Steak is commonly paired with eggs for a hearty breakfast. Round tip steaks are often used for breakfast. This cut is from near the tenderloin so it is very tender.



Breakfast Combinations Breakfast meats accompany many standard breakfast menu items. *What combinations are most appealing to you?*

FIGURE 17.1 Egg Grades

Egg Quality Egg grading is based on the quality of the yolk, white, and shell.
What are the differences between egg yolk and egg white?

Grade	Characteristics	Uses
AA 	Yolk is firm, centered in the shell, holds its shape, and stands up high; white is clear and thick, so it does not spread out over a large area when broken in the pan; shell is clean, normal shape	Poaching, frying, hard- or soft-cooked
A 	Thinner than AA, so it spreads slightly when broken in the pan; fairly firm yolk; clear white	Hard- or soft-cooked
B 	Less firm yolk and white, so the egg does not hold its shape in the pan and spreads over a wide area; yolk is large and flat; shell may be slightly stained or an abnormal shape	Scrambled eggs; baking

Egg Composition

Eggs are an inexpensive source of protein. They can be prepared in many different ways to suit various tastes. An egg has three main parts: the shell, the yolk, and the white.

- **Shell** Like any shell, an eggshell protects the egg's content. Eggshells range in color from white to brown, and they vary in thickness and how porous they are. The color of the eggshell indicates the type of chicken that laid the egg. However, it does not affect the interior color of the egg or the taste.
- **Yolk** The yolk, almost one-third of the egg's weight, contains fat and protein, along with vitamins and iron. Most of an egg's calories and all of its cholesterol and fat are found in the yolk. The color of the yolk depends on the diet of the chicken.
- **White** Two-thirds of an egg is made of the clear white, or **albumin** (al-'byü-mən). The thickest part of the white surrounds the yolk. Riboflavin (ˌrī-bə-'flā-vən) (vitamin B₂) and more than half of the protein of the egg are found in the white. It is clear and soluble when the egg is uncooked, but becomes white and firm when cooked.

Eggs may look solid, but they are actually very porous (ˈpɔr-əs). **Porous** means that flavors and odors can be absorbed through the shell and that the egg can lose moisture even when the shell is unbroken. For this reason, eggs need to be stored carefully. They should be kept away from foods, such as onions, with a strong odor. Eggs will keep for several weeks if stored at 36°F (2°C).

Egg Grades and Quality

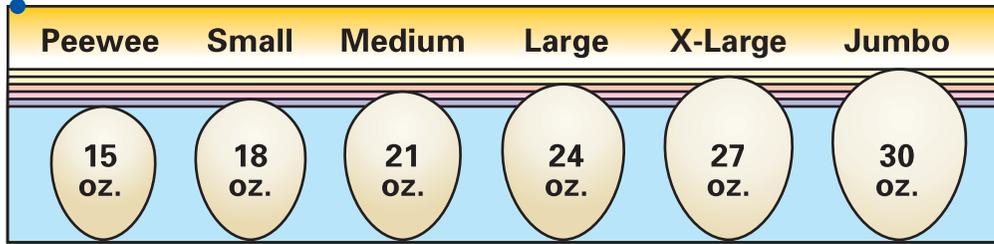
The U.S. Department of Agriculture is responsible for grading eggs according to three grades: Grade AA, Grade A, and Grade B. These grades **designate**, or are a sign of, several qualities, such as an egg's appearance when it is cracked into a pan, and the characteristics of the yolk, the white, and the shell. (See **Figure 17.1**.)

Size Size is part of the grading process. There are six categories: jumbo (30 ounces), extra large (27 ounces), large (24 ounces), medium (21 ounces), small (18 ounces), and peewee (15 ounces). The size is not determined per egg, but by the weight per dozen. (See **Figure 17.2** on page 434.)

FIGURE 17.2 Egg Size

Big or Small? The size range of eggs is determined by the weight per dozen.

Why would you use smaller eggs rather than larger ones?



Forms of Eggs

Eggs are sold in three forms: fresh, frozen, and dried. Each form has particular uses. **Egg substitutes** are available for people with dietary concerns such as high cholesterol. One egg substitute is made with albumin and a vegetable substitute for the yolk. Eggs are used in many recipes to thicken, bind, and add moisture, color, and flavor.

Fresh Eggs Fresh eggs are used in commercial kitchens and for home use. The appearance of a poached egg is better when the egg is fresh because the yolk gets flatter as it ages.

Frozen Eggs Frozen eggs are high-quality fresh eggs that are pasteurized (¹pas-chə-rīzd) and then frozen. **Pasteurized** egg products are heated at very high temperatures for a short time to destroy bacteria. They come in large containers and need to thaw for a couple of days in the refrigerator before they can be cooked. Frozen Grade A eggs are often used in commercial kitchens for scrambled eggs

and other recipes that call for beaten eggs. For example, a **soufflé** (sü-¹flā), or puffed egg dish that is baked in the oven, can be made with frozen egg yolks and frozen egg whites.

Dried Eggs Dried eggs are **dehydrated** ((,dē-¹hī-,drāt-əd). This means that the water is removed. Dried eggs have a long shelf life. They are used in commercial foodservice operations.



Decide What grade of egg would you use for scrambled eggs, poached eggs, and hard-cooked eggs?

Breakfast Meat Cookery

Most breakfast meat and egg dishes can be prepared quickly and do not require much advance preparation. The most common breakfast meats, including ham, bacon, and sausage, have relatively high levels of fat. Because bacon can be made of nearly 70% fat, it will shrink during cooking. You do not need to add more fat during cooking.

The best way to cook breakfast meats is at a low temperature. Do not overcook them. Meat becomes dry, tasteless, and tough if it is overcooked.

Ham and Bacon

Precooked ham slices just need to be warmed and browned slightly under the broiler or on the griddle before they are served.

Small Bites

Egg Size and Storage Most standardized recipes assume that large eggs will be used. Keep these storage tips in mind for eggs:

- Store eggs in their original containers or in covered containers.
- Store eggs away from foods with strong flavors or odors, such as onions.
- Thaw frozen eggs in the refrigerator and use them in baked dishes that will be thoroughly cooked.

Most bacon served with breakfast is made from pork, but turkey bacon is an **alternative**, or substitute. To help reduce shrinkage, cook bacon at a low temperature. Use an oven when you cook bacon in large quantities.

Use these steps to cook bacon in the oven:

1. Arrange the bacon in single strips on a sheet pan lined with parchment paper.
2. Cook at 300°F to 350°F (149°C to 177°C) until the bacon is almost done.
3. Remove the bacon from the oven. Be very careful not to spill the hot grease.
4. Finish cooking the bacon on the griddle.
5. Blot excess grease, and serve.

Sausage

Sausage is generally made from fresh pork, although turkey and chicken sausage are also available. It comes in patties, links, and sometimes out of the casing. Sausage must be cooked until well done, but not dry and hard.

In most restaurants, sausage is cooked in bulk. It is often first cooked in the oven, and then finished to order on the griddle. It is easier to prevent sausage from drying out during cooking than it is to prevent sausage patties from drying out.

Hash

Hash can be purchased ready-made, or can be made fresh in the commercial kitchen. Roast beef or corned beef are chopped into small cubes, and then lightly sautéed with potatoes, onions, and sometimes other vegetables such as celery and bell pepper until the entire mixture is golden brown.

Steak

Steak is usually cooked to order for breakfast menus. Depending on customer preference, steaks can be cooked rare, medium-rare, medium, medium-well, or well done. It is usually served with some form of eggs.

Safety Check

✓ Prevent Salmonella

Salmonella bacteria are found in a chicken's intestinal tract. It is a serious health concern when you use raw or undercooked eggs. To avoid salmonella poisoning:

- Refrigerate eggs immediately.
- Use only pasteurized egg products.
- Do not use eggs that are broken or cracked.
- Be careful not to drop in any shell pieces with the liquid egg.
- Thoroughly wash work surfaces, tools, equipment, and your hands.

CRITICAL THINKING *Why should you not use eggs that are broken or cracked?*

Plate Cooked Meats

Most breakfast meats are served in combination with eggs and potatoes on the same plate. Sometimes, especially with large omelets, the meat may be served as a side dish on a separate plate. Either way, breakfast meats should be served hot, completely cooked, but not overcooked and dry. Be careful not to hold meat too long so it becomes dry.



Explain List the steps of how to cook bacon in the oven.

Egg Cookery

Knowing how to cook eggs properly is also a health issue. Undercooked eggs pose a serious health threat because of salmonella bacteria. You must understand all of the different ways to cook eggs. Cooking eggs is one measure of a chef's skill.

It is important to cook eggs at a moderate temperature. If you overcook eggs at a high temperature, you will have a tough, rubbery, and discolored final product. In addition, the eggs' flavor may be affected. Likewise, eggs that are left in a steam table will turn green if they get too hot and begin to overcook. This will make the eggs unappealing to customers.

Omelet with Cheese

YIELD: 10 SERVINGS
SERVING SIZE: 8 OZ.

Ingredients

30	Eggs, cracked into a bowl
	Salt and ground white pepper, to taste
8 oz.	Milk
5 oz.	Clarified butter, melted
1 lb.	Cheese, julienne
3 oz.	Fresh parsley, washed, excess moisture removed, and chopped

Method of Preparation

- Season the eggs with salt and pepper. Add the milk, and whisk until the eggs are well combined.
- Heat an omelet pan with ½ oz. of butter.
- When hot, add a 6-oz. ladle of egg mixture.
- Shake the pan, and mix the eggs until they begin to firm, lifting the edges to allow liquid egg to run underneath (see Chef Notes).
- When the omelet is almost firm, or 145°F (63°C), turn it over.
- Place about 1 oz. of cheese in the center of the omelet, fold, and roll onto a preheated dinner plate. Serve immediately, or hold at 135°F (57°C) or above.
- Repeat the procedure until all of the eggs are cooked.
- Garnish with chopped parsley.

Cooking Technique

Shallow-Fry

- Heat the cooking medium to the proper temperature.
- Cook the food product throughout.
- Season, and serve hot.

Chef Notes

When the eggs have set in the sauté pan, place the pan under a broiler for 10-15 seconds to finish cooking the eggs. This creates a fluffier presentation and ensures that the eggs are well done.

Substitutions

- To lower the fat, use low-fat milk, or half the amount of cheese in each omelet.
- Add fresh herbs to the omelet to increase flavor without adding salt.
- To lower cholesterol, use egg whites, or an egg substitute.

International Flavor

The classic omelet recipe originated in France, but egg dishes are popular in many countries. Use the Internet or library to research these international omelet recipes, and write a half-page report on your findings:

- Frittata (Italy)
- Datemaki (Japan)
- Tortilla de patatas (Spain)

Glossary

Whisk to aerate with a whip
Julienne matchstick strips

HACCP

- Cook to 145°F (63°C)
- Hold cooked eggs at 135°F (57°C) or above
- Hold uncooked egg mixture below 41°F (5°C)

Hazardous Foods

- Eggs
- Milk

Nutrition

Calories 480 **Calories from Fat** 320
Total Fat 35g
Saturated Fat 17g
Trans Fat 0g
Cholesterol 790mg
Sodium 720mg
Total Carbohydrate 4g
Fiber 0g
Sugars 3g
Protein 34g
• Vitamin A 35% • Vitamin C 6%
• Calcium 30% • Iron 20%

Egg Cooking Concerns

It is important to understand that coagulation, or the temperature at which egg protein becomes solid, varies with different parts of the egg. In general, whole beaten eggs coagulate at about 156°F (69°C). Egg whites coagulate at a slightly lower temperature than yolks. Because of this, it is possible to make eggs that have soft yolks but cooked whites.

Science à la Carte

Green Eggs

When hard-cooked eggs are overcooked, a green ring may form around the egg yolks. The green color is the reaction between sulfur and iron compounds at the surface of the egg yolk. This is a harmless reaction, but it can make the eggs look unappealing. Green yolks in hard-cooked eggs can be avoided if you use the proper cooking time and heat level, and by rapidly cooling the cooked eggs. Scrambled eggs can also turn green with too much heat.

Procedure

Follow your teacher's instructions to divide into four teams. Each team should prepare a serving of eggs:

- **Team A** Prepare two hard-cooked eggs according to recipe directions for cooking and standing time.
- **Team B** Prepare two hard-cooked eggs following the recipe, but allow the eggs to stand for 5 minutes longer than the recipe directions.
- **Team C** Prepare two scrambled eggs according to recipe directions using medium heat.
- **Team D** Prepare two scrambled eggs according to recipe directions, but use high heat.

Analysis

Record your observations about cooking time, and the appearance and flavor of the eggs. Contrast the eggs prepared by each cooking method. What are the differences between the cooked eggs? Why did they occur? Discuss your findings as a class.

NSES B Develop an understanding of chemical reactions.

When you make scrambled eggs that are mixed with a liquid such as milk, the coagulation temperature increases to 180°F (82°C). Most burners set on high are much hotter than that, meaning that eggs can easily become overcooked at that setting. The eggs and solids may separate, or **curdle** ('kər-dəl).

Fried Eggs

Fried eggs are the most popular breakfast egg dish. For best results, use Grade AA eggs. Fried eggs must be cooked to order and served immediately. In some quick-service operations, fried eggs are cooked in egg rings to produce a uniform shape. However, most fried eggs are cooked in a pan on the range top or on the griddle. (See **Figure 17.3** on page 438.)

When you turn an egg on the griddle, flip the egg by sliding the spatula underneath it. Then, lift one side up and over, leaving one edge of the egg touching the griddle. This will keep the yolk from breaking.

Poached Eggs

It is best to use very fresh eggs for poaching since they hold their shape better. Break one egg at a time into a small dish. Then, add each egg to simmering water that contains 1 or 2 teaspoons of an acid such as vinegar. This will cause the egg to coagulate quickly. Do not use boiling water to poach eggs because it causes the eggs to separate and become tough.

Scrambled Eggs

Scrambled eggs are usually made with whole eggs. However, egg whites can be used for customers who prefer fewer calories and less fat and cholesterol.

Omelets

The **omelet** ('äm-lət) is an egg specialty dish made of beaten eggs that are cooked without stirring. Once the eggs are set, they are folded in half in the pan.

FIGURE 17.3 Fried Egg Cooking Methods

Fried Eggs The yolks of fried eggs can be prepared to different levels of doneness.

What should you do if you break the yolk while preparing a fried egg?

Type of Egg	Description	Method
Sunny-Side Up 	Egg is not flipped over during cooking, so the yellow yolk stands up. The yolk should be well-visible, highly mounded, and yellow.	Make sure you do not break the yolk when cracking the egg into the pan. Cook on medium heat for about 4 minutes, until the white is firm.
Basted 	A type of sunny-side up egg. The yolk will have a thin cover of white on it.	Egg is cooked in butter over low heat. The butter is spooned over the egg as it continues to cook, basting it. Variation: Instead of basting with butter, add 1-2 tsp. of water and cover the pan so the steam cooks the top of the egg.
Over-Easy 	Egg is turned over during frying and cooked so that the yolk is still liquid when served and cut.	Cook about 3 minutes on the first side over medium heat, then turn it and cook about 2 minutes on the other side.
Over-Medium 	The yolk is partly cooked.	Cook a little longer than for over-easy.
Over-Hard 	The yolk is firm and fully cooked.	Cook until the yolk is completely firm but not overcooked and rubbery.

A seasoned omelet pan and high heat can make a beautiful omelet. A nonstick coated omelet pan can also be used. Nonstick pans require no seasoning. When you **season**, or condition, a pan, you seal the surface with a layer of baked-on oil to prevent sticking. Seasoning must be done with cast-iron cookware.

Make sure that you care for omelet pans properly. Incorrect seasoning or misuse may cause omelets to stick.

French and American Omelets

Both French and American omelets are folded omelets. This means that toppings are added in the center of the omelet, and then it is folded around the toppings. French omelets must be stirred and shaken simultaneously, which takes practice. French omelets have two advantages over American omelets:

- They are lighter and puffier in texture.
- They cook faster.

Scramble

Eggs

- 1 Break eggs into a bowl and whisk them until they are well blended. Stir in a little milk or cream if desired.
- 2 Heat butter in a sauté pan, or on a griddle if you are preparing many orders at once. Add the egg mixture.
- 3 Cook over low to medium heat, stirring slowly with a spatula by shifting portions of the egg mixture as it coagulates, allowing the uncooked egg to run underneath the cooked portion.



- 4 When eggs are set, but not overly hard, they are done. Scrambled eggs continue to cook a little after they are removed from the pan.



- 5 Remove the eggs from the heat. The eggs will still be soft, shiny, and moist. They should not be green or brown.

Soufflé Omelets

A soufflé omelet is a baked egg dish that puffs up. To make a soufflé omelet, separate the yolks from the whites. Whip the egg whites to full volume, then fold the egg white mixture into the beaten yolks. Pour into a buttered soufflé dish and bake until cooked and puffy.

Soufflés can also be made by blending egg yolks into a thick sauce base. Béchamel sauce is often used for this. A filling such as cheese or toasted almonds is added, and the egg whites are folded into the base mixture. The mixture is then baked in a buttered soufflé dish dusted with breadcrumbs, grated cheese, or sugar. Soufflés like this make excellent light entrées or desserts.

Frittatas

A **frittata** (frē-'tä-tə) is a flat, open-face omelet. They are not folded over. Instead, the eggs are beaten and mixed with the precooked filling ingredients, and then cooked over low heat without stirring. A frittata can either be turned over and cooked on the other side, or placed under the broiler until the top is set and slightly browned. Frittatas are usually cut in wedges and served warm or cold.

Quiche

A **quiche** ('kēsh) is a pie crust filled with a mixture of eggs, cream, cheese, and vegetables or meat. Quiche can be served for breakfast, lunch, or dinner.

Make a French Omelet

- 1 Crack eggs into a bowl and whip with a wire whisk.
- 2 Place the pan on the burner and turn the burner on high heat. When the pan is hot, add clarified butter and swirl it around to coat the entire inside of the pan.
- 3 After pouring the beaten eggs into the hot pan, allow them to coagulate for a brief moment and then stir the eggs. Allow the uncooked portion to run underneath the cooked portion. Shaking the pan gently while doing this can help.



- 4 Once the eggs are set but still soft, add the filling and then fold the omelet neatly. Cook the omelet until lightly firm.



- 5 Slide the omelet out of the pan and onto a plate.



Shirred Eggs

Shirred ('shərd) eggs are covered with cream or milk and sometimes bread crumbs. They are usually prepared in ramekins lined with a variety of ingredients, such as spinach, bread, ham, bacon slices, or artichoke hearts. A **ramekin** ('ra-mi-kən) is a small individual baking dish. The egg is cracked into the center of the cup and topped with grated cheese, onion, and herbs. Sauces may also be added after baking.

To make shirred eggs:

1. Butter the ramekins to keep ingredients from sticking.
2. Line the ramekins, if desired, with a slice of ham or other appropriate ingredient.

3. Carefully break an egg or two into the dish.
4. Sprinkle with salt and pepper, if desired.
5. Bake the eggs at 350°F (177°C) until they begin to set.
6. Add grated cheese, onion, or fresh herbs, such as minced fresh thyme, parsley, or basil, to the top and finish baking.

Serve Shirred Eggs

Shirred eggs can be beautiful with the proper plating. Arrange garnishes on one side of the plate. Spoon hot cream, mild green chili, mushroom, tomato, or brown sauces over the eggs. Or, place asparagus tips, sautéed mushrooms, or crumbled bacon on top.

Simmer Eggs in the Shell

Soft-, medium-, and hard-cooked eggs are all cooked in the shell in hot water. Boiling water can cause eggs to become tough and discolored. Instead, place the eggs in cold water. Then, simmer the eggs until they are done cooking.

Eggs prepared properly should have evenly cooked whites and yolks. The yolk should not be discolored, and the egg should not have an unpleasant taste.

To make simmered eggs in the shell:

1. Make sure the eggs have been at room temperature for an hour before cooking to prevent the shells from cracking as they cook.
2. Fill a saucepan with enough water to cover the eggs.
3. Simmer the eggs according to the level of doneness desired:
 - Soft-cooked: 3 minutes
 - Medium-cooked: 4 to 5 minutes
 - Hard-cooked 8 to 10 minutes

Egg Plating

Fried eggs and scrambled eggs are often served with toast, meat, potatoes, and a garnish. Presentation should be attractive and uncluttered. The garnish used most often is a twisted slice of orange or a slice of melon.

Shirred eggs are served in their individual baking dishes, which are then placed on a larger plate that holds the side dishes. The garnish will be placed on top of the eggs.

Omelets must be attractively plated, with a simple garnish, such as a sprig of parsley. Side dishes are usually not served with omelets. Often, only toast is served.

Soft- and medium-cooked simmered eggs are usually served in egg cups in the shell, accompanied by side dishes and garnishes. The customer uses a spoon to gently tap the top of the shell to break it and then scoops out the insides for eating. Hard-cooked eggs can be served in a variety of ways.

 **Reading Check** **Describe** How do you successfully fry an egg?

SECTION 17.1 After You Read

Review Key Concepts

1. **Describe** the composition of an egg.
2. **Explain** how to prepare ham.
3. **Describe** how to scramble an egg.

Practice Culinary Academics

Social Studies

4. Many different cultures have egg dishes that are both similar to and different from dishes you may eat at home. Research some common dishes from other cultures that use eggs and write a report describing the country of origin, ingredients, and methods of preparation. Share what you learned with the class.

NCSS IA Culture Analyze and explain the ways groups, societies, and cultures address human needs and concerns.

Mathematics

5. Neal has purchased a 1-foot slab of applewood-smoked bacon for his restaurant. If he slices the bacon $\frac{3}{16}$ of an inch thick, how many slices will he get out of the slab?

Math Concept **Dividing Fractions** To divide when a fraction is involved, convert any mixed or whole numbers to improper fractions. Multiply the first fraction by the reciprocal of the second fraction. Reduce to lowest terms.

Starting Hint You will need to divide 12 inches (which is the equivalent of 1 foot) by $\frac{3}{16}$ inch. To do so, multiply $1\frac{2}{1}$ by $\frac{16}{3}$, and simplify the result.

NCTM Number and Operations Understand meanings of operations and how they relate to one another.

 Check your answers at this book's Online Learning Center at glencoe.com.

Breakfast Breads and Cereals

Reading Guide

Before You Read

Predict Before starting the section, browse the content by reading headings, bold terms, and photo captions. Do they help you predict the information in the section?

Read to Learn

Key Concepts

- **List** the food items commonly served in quick-service breakfasts.
- **Categorize** the different types of breakfast quick breads and cereals.

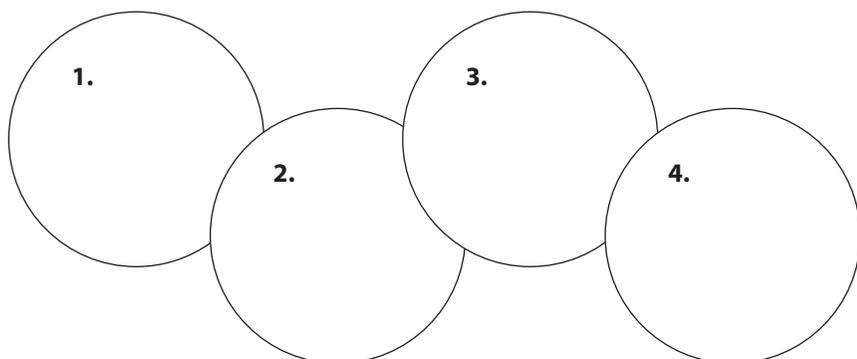
Main Idea

Some type of bread or cereal is usually found in any breakfast dish. Pancakes, French toast, and waffles are usually cooked to order, while pastries and other breads are often ready-made.

Graphic Organizer

Use a sequence chart like this one to take notes about the four steps to prepare French toast.

Steps for Preparing French Toast



 **Graphic Organizer** Go to this book's Online Learning Center at glencoe.com for a printable graphic organizer.

Create baked goods and cereals to round out a breakfast menu.

ACADEMIC STANDARDS

English Language Arts

NCTE 12 Use language to accomplish individual purposes.

Mathematics

NCTM Measurement
Apply appropriate techniques, tools, and formulas to determine measurements.

Social Studies

NCSS VIII B Science, Technology, and Society
Make judgments about how science and technology have transformed the physical world and human society.

NCSS IX A Global Connections Explain how cultural elements can facilitate global understanding.

NCTE National Council of Teachers of English

NCTM National Council of Teachers of Mathematics

NSES National Science Education Standards

NCSS National Council for the Social Studies

Quick-Service Breakfasts

Breakfast foods are very popular. In the United States, many people eat breakfast foods at any meal. The standard breakfast menu includes eggs, meat, potatoes, breads, pancakes, waffles, cereals, fruit, and yogurt. Some restaurants offer customers more unusual choices, such as a special pizza or breakfast burritos. In short, anything goes!

Most restaurants that serve breakfast offer a variety of similar options and combinations. Eggs are often served either scrambled, over-easy, hard, basted, poached, or as omelets. Eggs usually come with some form of breakfast bread. This could include toast, biscuits, or an English muffin. It could also include potatoes that have been sautéed or fried. Egg dishes may also be accompanied by meat, such as bacon, ham, or sausage.

Breads such as pancakes, French toast, and waffles can be ordered in combination with eggs and a meat choice, or alone. An example would be a stack of three to five pancakes with butter and syrup or fruit toppings. A small stack of two pancakes may accompany an egg dish.

Potatoes such as home fries, hash browns, and cottage fries are a common side dish for breakfast. **Home fries** are usually diced or sliced. **Hash browns** are shredded and may include onions and seasonings. For **cottage fries**, the potatoes are cut into ½-inch thick circles, and then baked or broiled.

More often than not, breakfast items may be ordered à la carte so that the customers can create their own combination of foods. This can also be profitable for the restaurant. But foodservice workers must know how to prepare a wide variety of breakfast proteins and breads. They also must learn to prepare breakfast items quickly and with skill. Most restaurant customers want their breakfast to be ready quickly.



Reading Check Determine What types of food items might be served with eggs?

Breakfast Breads and Cereals

Bread may be an even more popular breakfast item than eggs. Toast, muffins, biscuits, scones, and bagels are some of the many choices. Nearly every customer who orders an egg item will want some kind of bread with it. Many customers choose a bread item, such as pancakes, French toast, waffles, or cereal, as the **mainstay**, or main part, of their favorite breakfast.

Cereals appear on all breakfast menus and are served either hot or cold. Cereals are made from grains such as wheat, corn, rice, and oats, and are a good source of carbohydrates. Breakfast cereals should be stored in airtight containers to keep them from becoming stale, or being infested by pests.

Quality Breakfast Breads and Cereals

Once breads are baked, they become stale quickly. Stale breads taste unappealing and may become hard and dry. To avoid staleness, it is necessary to consider how far in advance you will be able to prepare and bake breads before they are served.

Ready-Made Breads

Bread that is made in advance at bakeries and delivered to foodservice establishments is called **ready-made bread**. The choice of quality pre-prepared breads on a breakfast menu is almost unlimited. Bagels, scones, doughnuts, muffins, croissants, and English muffins are just a few examples. The only breakfast bread items that are routinely prepared to order are toast, pancakes, French toast, and waffles.

Hot Cereals

- Hot cereals typically fall into two categories:
- Granular cereals, such as grits, barley, or farina.
 - Whole, cracked, or flaked cereals, such as oatmeal and cracked wheat.

Hot cereals are served with milk or cream and white or brown sugar. Sometimes small ceramic bowls called ramekins filled with raisins, fresh fruit, brown sugar, or nuts are served with hot cereal. Hot cereals are a welcome menu choice for many health-conscious people.

Cold Cereals

Many cold cereals are purchased ready to eat. Some restaurants make their own special blend of granola (grə-'nō-lə). **Granola** is a blend of grains, nuts, and dried fruits. Like hot cereals, cold cereals are served with milk or cream, sugar, and sometimes fresh fruit, such as sliced strawberries or bananas. Cold cereals are a favorite breakfast choice for both children and adults. They are available in quantity portioning machines and as individual portions.

Ready-Made Breads

Breads and cereals are an essential component of breakfast menus. Rarely is an order of eggs sold without a breakfast bread. Quick

bread, such as pancakes and waffles, and breakfast items like toast and French toast are generally cooked to order. Many operations purchase ready-made pastries, muffins, and doughnuts. This section will introduce you to common breakfast breads and cereals.

Ready-made or convenience (kən-'vĕn-yən(t)s) breads include pastries, doughnuts, and many kinds of quick breads, such as muffins. Ready-made breads can save a restaurant time during a busy breakfast rush.

Pastries

Pastries, also known as Danishes, are popular breakfast treats. They are made from yeasted, sweetened dough with butter, which gives pastries the rich flavor that makes them so appetizing. Egg is added to the dough of some kinds of pastries.

Many pastries are filled with almond paste, fruit, cream cheese, or nuts. Bear claws and strudel are two of the more well-known types of pastries. Pastries can be made from scratch, from frozen doughs, or can be purchased ready-made.



Breakfast Breads Many different types of breakfast breads are available. *What kinds of specialty breakfast breads and pastries are available in your area?*

Doughnuts

A **doughnut** is a sweetened, deep-fried pastry that is often ring-shaped, but may also be bar-shaped or round. There are two categories: cake and raised. Cake doughnuts use baking powder, while raised doughnuts get their rising power from yeast. Cake doughnuts are heavier than raised doughnuts, and they tend to have spices or chocolate added to the mix as well. Many doughnuts have a glaze made of sugar and other flavorings. Others, such as fritters, have bits of fruit such as apple mixed into the dough before frying.

Quick Breads

Many foodservice operations rely on **quick breads**, a type of bread made from quick-acting leavening agents such as baking powder. They are easy to make, even from scratch, because they do not need yeast to rise. This means quick breads take less time to mix and bake. Chapter 28 covers different types and baking methods for quick breads in depth.

In restaurants, quick breads complement the main entrée or serve as the main part of a continental breakfast. Muffins are especially useful because they are so versatile. A **muffin** is a quick bread made with egg and baked in a cupcake mold. Varieties from corn muffins to seasonal berry muffins can add interest and nutrition to any breakfast menu choice.

While muffins are popular, loaf-style quick breads fulfill the same **function**, or purpose, and are very tasty. Cranberry nut bread, banana bread, and zucchini bread are just a few of the quick breads that can add interest and pizzazz to a breakfast menu. A **biscuit** is a small, round quick bread. Biscuits are usually rich and savory, but can be sweet. Biscuits should have a light, tender, and flaky texture. A **scone** ('skōn) is a type of quick bread similar to biscuits that is often cut into triangle shapes.

Quick breads are enhanced by servings of flavored cream cheese, jellies, and jams alongside them. These toppings and spreads are usually served in small ramekins on the side or in pre-packaged, individual servings.



Breakfast Bread Some breakfast breads are purchased by restaurants as ready-made breads. *Why do some restaurants purchase their quick breads?*

Toast, English Muffins, and Bagels

Toasted bread is a popular addition to most breakfast dishes. Be careful when you toast bread so that it does not burn. You may also toast English muffins. An **English muffin** is made from bread dough that is shaped into rounds and cooked on a griddle. English muffins are usually purchased pre-cooked. Bagels are also popular breakfast choices.

Pancakes and Waffles

Both pancakes and waffles are made from batters that can be mixed ahead of time and refrigerated. Wet and dry ingredients for these foods are mixed separately. The wet ingredients are then added to the dry ingredients and stirred until well moistened. Do not overmix. This can cause the pancakes to be tough and rubbery.

A TASTE OF HISTORY

1911

General Electric releases its first electric waffle iron

1914

World War I begins

The Waffle Iron

Pancakes may well be the workhorse of today's breakfast menu, but if the Dutch settlers had not introduced the waffle iron to 17th-century Colonial America, that menu would be a lot shorter. The early device was created by a 13th-century craftsman. It was made of two hinged, iron honeycomb-patterned plates that were filled with a batter and held over the hearth to cook. Since then, the waffle iron has evolved, but it is still being used in very much the same way today.

History Application

The waffle iron is an appliance that has made cooking breakfast a little easier. Write a list of some other kitchen appliance inventions that facilitate cooking and how they have changed the way we cook today.

NCSS VIII B Science, Technology, and Society Make judgments about how science and technology have transformed the physical world and human society.

Pancake Preparation

Follow these steps whenever you prepare pancakes:

1. Ladle ¼-cup portions onto a 375°F (191°C) griddle that has been lightly buttered. To ensure round pancakes, leave enough room between each pancake for spreading.
2. When bubbles appear on the top of the pancakes, it is time to turn them. You should turn, or flip, a pancake only once. If you turn it more often, the pancake will get hard.
3. Cook pancakes until they are nicely browned on both sides.

Waffle Preparation

Follow these steps to prepare waffles:

1. Mix the wet ingredients in one bowl and the dry ingredients in another. Add the liquid ingredients to the dry ingredients.
2. Beat the egg whites into soft peaks, add sugar, and beat until the peaks are stiff.
3. Fold the egg whites into the batter. To **fold** means to use a rubber spatula to carefully mix the egg whites and batter so that you do not lose volume.
4. Pour the batter onto a preheated, lightly oiled waffle iron, and then close the top.
5. Cook until the signal on the waffle iron shows that the waffles are done.

Pancake and Waffle Plating

Pancakes and waffles are cooked to order and should be served piping hot. Pancakes become tough and waffles lose their crispness when they are held for too long. They may be served with a variety of condiments, including butter, hot syrup, cold flavored syrups, fruit toppings, whipped cream, or nuts.

Pancakes and waffles are often served with a side order of breakfast meats, eggs, or both. A **side order** is an order of food in addition to what is served as the main dish. Pancakes are not usually served with other breakfast breads.

Pancakes with Maple Syrup

Ingredients

1 qt.	Pasteurized eggs
3 qt.	Milk
2 tbsp.	Vanilla extract
6 lbs.	All-purpose flour
8 oz.	Sugar
6 oz.	Baking powder
1 lb.	Butter, melted
2 qt.	Maple syrup, heated and kept warm at 135°F (57°C) or above

Method of Preparation

1. In a mixing bowl, beat the eggs.
2. Add the milk and vanilla to the beaten eggs, and mix well. Set aside.
3. Mix all of the dry ingredients together. Add the egg mixture, and whisk to a smooth batter.
4. Stir the butter into the mixture.
5. Let the batter rest for 1 hour before using.
6. Preheat the griddle.
7. To cook, pour approximately 2 ounces of batter on a seasoned, lightly buttered griddle.
8. Cook until the bubbles appear on the top and the edges become dry.
9. Turn over, and cook the other side until done. Serve immediately, or hold at 135°F (57°C) or above.
10. Hold the unused batter at 41°F (5°C) or below if not used immediately.
11. Serve with warm syrup.
12. Repeat the procedure until all of the batter is used.

Cooking Technique

Griddling

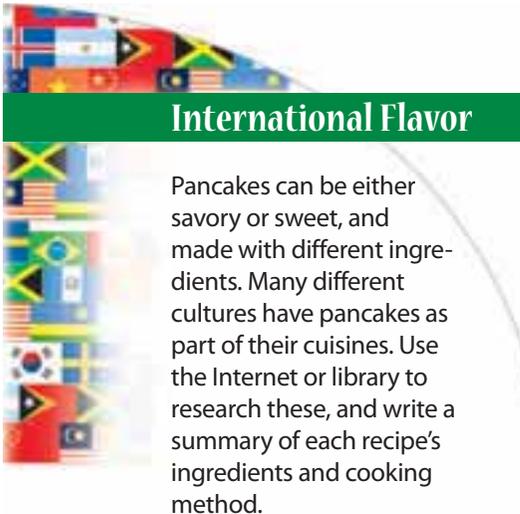
1. Preheat the griddle.
2. Place the food product on the griddle when hot.

Chef Notes

For best results, make pancakes to order. Do not over mix the batter, or the pancakes will be tough.

Substitutions

- Use low-fat or nonfat milk to lower fat in the recipe.
- Reduce the sugar to reduce the calories in the recipe.



International Flavor

Pancakes can be either savory or sweet, and made with different ingredients. Many different cultures have pancakes as part of their cuisines. Use the Internet or library to research these, and write a summary of each recipe's ingredients and cooking method.

- Potato Pancakes (Germany)
- Pannekoeken (Holland)
- Ho Bac Jon (Korea)

Glossary

Beat to mix by stirring quickly
Whisk to aerate with a whip

HACCP

- Hold at 135°F (57°C) or above
- Hold unused batter at 41°F (5°C) or below
- Hold maple syrup at 135°F (57°C) or above

Hazardous Foods

- Milk
- Pasteurized eggs

Nutrition

Calories	480	Calories from Fat	110
Total Fat	12g	Saturated Fat	6g
		Trans Fat	0g
Cholesterol	110mg		
Sodium	420mg		
Total Carbohydrate	84g	Fiber	1g
		Sugars	38g
Protein	10g		
		• Vitamin A	8%
		• Calcium	30%
		• Vitamin C	0%
		• Iron	20%

French Toast

French toast is bread that has been dipped in a batter and then sautéed. French toast is a favorite breakfast choice. French toast is technically not a quick bread. It is made from yeast leavened bread. However, it is quick to make, it is commonly served with breakfast and is usually made to order. It can be made with different types of bread, including sourdough. Fruit and powdered sugar can be added for a beautiful presentation. French toast is a good way for commercial kitchens to use day-old bread. Day-old bread is firmer and holds batter well when it is grilled.

Some establishments choose to serve crunchy French toast. After soaking the bread in the egg mixture, the bread is dipped in bran or corn cereal and then quickly fried. This leaves a crunchy, sweet coating on the surface of the French toast. Crunchy French toast is often served with sliced bananas and syrup as common accompaniments.

French Toast Preparation

Follow these steps to prepare and cook French toast:

1. Slightly beat eggs.
2. Add milk, sugar, cinnamon, nutmeg, and vanilla to the eggs and stir well.
3. Dip each slice of bread into the batter, being sure to thoroughly coat each side. For crunchy French toast, dip in crushed cereal after battering.
4. Brown each side of the bread slices on the griddle to preferred doneness.

French Toast Plating

When it is served, French toast is cut in half diagonally, and the halves are arranged attractively on a plate. French toast may be served with hot or cold syrup, fruit toppings, jam or preserves, powdered sugar, or a combination of these items. French toast may also be served with a side order of breakfast meat or with eggs.



 **Pretty Presentation** Create an artful presentation for French toast with fresh berries.
What other ways can you creatively plate French toast?



Cereal Toppings An assortment of cereal toppings add visual interest and flavor to cereal. *What do you think are customers' favorites?*

Potatoes

Potatoes are a common accompaniment to all types of breakfast foods. Potatoes can be grilled or pan-fried, often with onions, bell pepper, and other vegetables. American fries are baked or fried. Cottage fries are either baked or broiled. Hash browns are made from boiled potatoes that are shredded or chopped fine, and then sautéed.

Hot and Cold Cereals

Cereals are a popular choice for many people who want a hearty, nutritious breakfast. Cereals come in many varieties, and can be served hot or cold. Cereals can be presented alone, or as an accompaniment.

Hot Cereal Preparation

Hot cereals are another popular breakfast choice. Whole, cracked, or flaked grains are the cereals that are most often served hot. To make hot cereal, follow the directions for each type of grain carefully.

Follow these steps to cook hot cereals:

1. Measure water in a pot and bring it to a boil. Milk or cream can be used instead of water. This will make the cereal creamier, but it is much more expensive.
2. Add a measured amount of cereal carefully, stirring it constantly.
3. As soon as the cereal thickens, stop stirring. If you continue to stir, the cereal will become gummy.
4. Cover the pot, reduce the heat, and cook the cereal until done.
5. Keep the cereal covered until ready to serve.

Small Bites

Prevent Lumpy Cereal To prevent lumps in hot cereals, add a small amount of cold water to the cereal before adding the cereal to boiling water. This keeps the grains separate. Be sure to factor in the amount of cold water to the total amount of water added during the cooking process.

Hot Cereal Plating

Hot cereals are served in a bowl that is usually placed on top of a plate. Many people like to add accompaniments to their cereal. Milk, half-and-half (half milk and half cream), or cream may be served along with small ramekins of raisins, nuts, or fruit slices. Toast, English muffins, or a quick bread may also be served with hot cereals.

Cold Cereal Preparation

Cold cereals require no preparation. They are served with milk or cream, fruit, nuts, or sugar. Some restaurants offer customers a wide variety of individual servings of boxed cold cereals. The customer gets to choose which cereal he or she wants to eat. Other restaurants may offer granola along with accompaniments, such as fruits, nuts, and yogurt. Granola can be purchased ready-made, or can

be made at a restaurant. Granola may also be served already mixed with yogurt and fruit in a tall glass. Sometimes granola is served warm, with milk and brown sugar.

Cold Cereal Plating

Although cold cereals are thought of as a breakfast eaten at home, they are often served in restaurants as well. Cold cereals are served with milk, half-and-half, or cream, and are presented with sliced fruit such as bananas or berries. Milk is usually served in a small pitcher so that customers can add it themselves. Cold cereals are often accompanied by toast, English muffins, or quick breads. Usually, however, cold cereals are not served with eggs or breakfast meats.

 **Reading Check** **Describe** How are hot cereals plated?

SECTION 17.2

After You Read

Review Key Concepts

1. **List** the different types of quick breads.
2. **Describe** the different types of cereals.

Practice Culinary Academics

English Language Arts

3. Choose one type of quick bread and write a one-page essay about how to bake that type of quick bread. Create an outline, and write a rough draft before finalizing your essay. Explain the general procedure, tips and tricks, and any potential problems.

NCTE 12 Use language to accomplish individual purposes.

Social Studies

4. Doughnuts are made by frying rings or balls of dough. Conduct research to find fried bread products from other cultures. Research their taste and their origins. Discuss your findings with the class. Also, discuss whether or not the items you found would make a good breakfast item in the United States.

NCSS IX A Global Connections Explain how cultural elements can facilitate global understanding.



Mathematics

5. Your cafe serves regular pancakes that are 8 inches in diameter, and silver dollar pancakes that are 2 ½ inches in diameter. You need to know how many pancakes should be served on a plate. This means you will need to know the area of each type of pancake. What is the area covered by each type of pancake, to the nearest square inch?

Math Concept Calculating the Area of a Circle

Calculate the area (A) of a circle as $A = \pi r^2$, where r indicates the radius (or ½ of the diameter) of the circle. Use 3.14 for π .

Starting Hint Multiply the diameter of each type of pancake by ½ to find the radius of each type of pancake. Plug those values into the area formula given above for r , and solve the formula for A . Round your results to eliminate the decimals.

NCTM Measurement Apply appropriate techniques, tools, and formulas to determine measurements.



Check your answers at this book's Online Learning Center at glencoe.com.

Chapter Summary

Eggs are a basic ingredient in many breakfast dishes. Grading eggs allows foodservice operations to choose the right eggs for their needs. Types of cooked eggs include fried, poached, scrambled, omelet, shirred, and simmered. Meats such as bacon, ham, and sausage are common at breakfast.

Quick bread choices include muffins, biscuits, loaf breads, and scones. Pancakes, and waffles are also considered quick breads. French toast, although technically not a quick bread, is a popular breakfast item. Hot and cold cereals are also served at breakfast with a variety of sides.

Content and Academic Vocabulary Review

1. Use these vocabulary terms to create a crossword puzzle on graph paper. Use the definitions as clues.

Content Vocabulary

- breakfast meats (p. 432)
- bacon (p. 432)
- Canadian bacon (p. 432)
- sausage (p. 432)
- hash (p. 432)
- albumin (p. 433)
- porous (p. 433)
- egg substitutes (p. 434)
- pasteurized (p. 434)
- soufflé (p. 434)
- dehydrated (p. 434)
- curdle (p. 437)
- omelet (p. 437)
- season (p. 438)
- frittata (p. 439)
- quiche (p. 439)
- shirred (p. 440)
- ramekin (p. 440)
- home fries (p. 443)
- hash browns (p. 443)
- cottage fries (p. 443)
- ready-made bread (p. 443)
- granola (p. 444)
- pastries (p. 444)
- doughnut (p. 445)
- quick breads (p. 445)
- muffin (p. 445)
- biscuit (p. 445)
- scone (p. 445)
- English muffin (p. 446)
- fold (p. 446)
- side order (p. 446)
- French toast (p. 448)

Academic Vocabulary

- designate (p. 433)
- alternative (p. 435)
- mainstay (p. 443)
- function (p. 445)

Review Key Concepts

2. **Give examples** of common breakfast protein choices and their characteristics.
3. **Explain** how to prepare breakfast meats.
4. **Describe** at least five ways to cook eggs.
5. **List** the food items commonly served in quick-service breakfasts.
6. **Categorize** the different types of breakfast quick breads and cereals.

Critical Thinking

7. **Analyze** a typical breakfast for nutrition. What suggestions can you make for low-calorie, low-cholesterol, or low-fat alternatives?
8. **Explain** why you think that milk or cream is sometimes added to the preparation of scrambled eggs.
9. **Imagine** that you work at a restaurant and find that whole eggs have been left out on the prep station overnight. What would you do with the eggs, and why?
10. **Examine** the differences between cooked and uncooked ham. Why do you think ham is often purchased pre-cooked by restaurants?

Academic Skills

**English Language Arts**

- 11. Healthful Breakfasts** Review the information in this chapter, and then review MyPyramid recommendations from Chapter 11. Using these recommendations and your knowledge of breakfast foods, create three healthful breakfast menus. Describe the ingredients and portion sizes for each dish, and explain how they fit into MyPyramid recommendations. Remember that breakfast is only one of three meals in the day.

NCTE 8 Use information resources to gather information and create and communicate knowledge.

**Social Studies**

- 12. Global Breakfast** Create a list of common breakfast foods. Do you know where the ingredients in your list came from? Are there any ingredients that might have come from another country? Research the origins of different breakfast foods, and discuss as a class why some of the foods we eat come from different countries.

NCSS VII I Production, Distribution, and Consumption Distinguish between the domestic and global economic systems, and explain how the two interact.

**Mathematics**

- 13. Make Bacon** Leilani has purchased another slab of applewood-smoked bacon for her restaurant. This one is 8 inches long and cost her \$40. At Leilani's restaurant, bacon is served as a breakfast side dish for \$5, with four strips of bacon per order. She would like to make a 50% profit margin on this bacon. How thick should she cut each piece?

Math Concept Profit Margin The term profit margin indicates the percentage of the price that is profit. Subtract the profit margin from 100% to find the cost percentage. Calculate price by dividing total cost by the cost percentage.

Starting Hint If Leilani will make a 50% profit margin on the slab of bacon, she must also have a $100\% - 50\% = 50\%$ cost percentage. Thus, Leilani needs to charge a total of $\$40 \div 50\% = \80 for the entire slab. How many orders must she sell to collect \$80? How many total slices of bacon are in those orders? Divide 8 inches by that total number of slices to find the per-slice thickness. (You may want to write this as a fraction, and simplify.)

NCTM Problem Solving Apply and adapt a variety of appropriate strategies to solve problems.

Certification Prep

Directions Read the questions. Then, read the answer choices and choose the best possible answer for each.

- 14.** Which part of the egg contains more than half of the protein?
- shell
 - yolk
 - white
 - chicken
- 15.** What grade eggs should you use for fried eggs?
- Grade AA
 - Grade A
 - Grade BB
 - Grade B

Sharpen your test-taking skills to improve your kitchen certification program score.

Test-Taking Tip

If allowed, jot down on a scrap paper important facts that you want to remember. This way, you will not worry about forgetting them during the test.

Real-World Skills and Applications

Self-Management Skills

16. Manage Resources Imagine that you are a breakfast chef in a restaurant. The manager has informed you that costs need to be cut. What kind of trade-offs might you make to cut costs? Why is knowing how to make trade-offs important in good restaurant management? Write a one-page summary of your thoughts on cutting costs, along with examples of how restaurants might cut costs for breakfast menus. Discuss your ideas as a class.

Collaborative and Interpersonal Skills

17. Plan and Make a Breakfast As a class, plan and make a breakfast for the school maintenance workers or another group that must arrive early to the school. Work together to plan the menu, the quantities needed, and assigned tasks. Then, schedule a time with the group you will serve, and prepare the breakfast.

Technology Applications

18. Menu Costs Use a calculator to plan a breakfast menu for one of three levels of restaurant: a coffee house, a low-cost diner, or an upscale restaurant. Determine a five-item breakfast menu first. Then, make a list of each ingredient needed. Research ingredient costs and determine the item cost and the cost of the menu. Write up the menu and turn in your pricing notes to your teacher.

Financial Literacy

19. Calculate Breakfast Cost Imagine that your school offers a breakfast program where you can get breakfast in the cafeteria for \$2. If you make your own breakfast instead of buying breakfast every day, the average cost is \$1.10. How much money would you save during the five-day school week if you made your own breakfast each day?

Culinary Lab

Prepare an Omelet



Use the culinary skills you have learned in this chapter.

20. Work in Groups For this lab, you will work in groups as directed by your teacher to create an American omelet. Then, you will plate the omelet, taste it, and evaluate your work.

- A. Choose an omelet.** As a group, determine what kind of fillings will go in your omelet. Also, determine what kind of bread choices will be served with the omelet.
- B. List pre-preparation tasks.** Determine whether you have any meat ingredients that will need to be cooked ahead of time, vegetables that will need to be diced, or cheese that will need to be grated. Prepare a list of these tasks.
- C. Prepare your omelet.** Divide your task list among team members, and cook the omelet according to the method chosen. Add ingredients when appropriate. Once the omelet is finished, plate it along with the bread choice.
- D. Evaluate omelets.** Each team should taste its own omelet and the other teams' omelets. Rate each omelet according to this scale: 1 = Poor; 2 = Fair; 3 = Good; 4 = Great.

Create Your Evaluation

On a separate piece of paper answer the following questions:

- How did the pre-preparation contribute to the omelet's preparation?
- Is there anything you would do differently next time? Why or why not?

Include the grades and comments from each team's omelet in your evaluation.