

MICROWAVE EGG McMuffin Lab

Each student will need: **½ English Muffin** **1 piece bacon**
1 egg **1 Tbsp butter** **1 slice of cheese**

1. Toast ½ English muffin per student under the broiler for 500 degrees or in a toaster.
 - a. Butter it and keep it warm in the oven on warm.
2. Microwave the bacon by placing 2 layers of paper towels on a microwave safe plate and arranging the bacon on top of this. Cover with another paper towel to prevent splatters. Place in oven with strips running from side to side and Microwave on high for 45 seconds – 1 minute per slice.
 - When microwaving more than 6 slices of bacon, you can layer it. Use a larger microwave safe dish and place 5 slices on paper towels, cover with paper towels, add a second layer of bacon, and cover with a second layer of towels. Can add more layers. Cook 3-4 minutes each layer of bacon.
3. Prepare your egg by first placing 1 tsp of butter per egg in microwave safe bowl and microwaving on high until melted – could also spray the bowl REALLY well. Now add 1 egg to the melted butter and 1 TBL milk or water and scramble. Microwave your egg on High for 1 minute per egg. **STIR THE EGG MIXTURE 1-2 TIMES DURING COOKING TO ENSURE EVEN COOKING.** When the egg is done cooking, it should be just past the runny stage so now it needs to **STAND** for 1-2 minutes to finish the cooking process.
4. Assemble egg McMuffin by placing the egg, 1 slice of cheese, and 1 piece of bacon on 1 muffin. You may rewarm this in the microwave.