

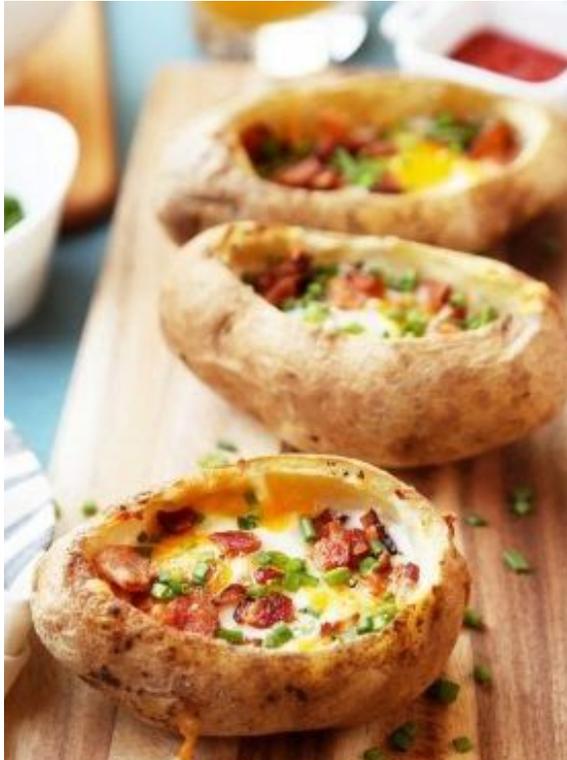
SUPPLY LIST

BRUNCH-SKINS

Breakfast Baked Potatoes

Recipe adapted from:

<https://www.thecandidappetite.com/breakfast-baked-potatoes/>



Final cook time: 12-15 minutes @ 400°F

Potatoes may finish baking after class ends.

Tip:

We will be “quick-cooking” our potatoes in the microwave and then finishing them in the oven for a crispy skin. If you do not have a microwave, or prefer to cook your potatoes before class so they are nice and cool when you have to handle them, you can cook the potatoes up to one day ahead: rub with oil and cook for 40 minutes at 400°F.

Ingredients

- 4 eggs
- 8 slices of bacon, or ½ a pound of sausage
- Any veggies you like:
 - Bell pepper
 - Onion
 - Mushrooms
 - Spinach
- 4 whole russet potatoes, washed & dried (1 per person) - *I use medium sized ones, a little bigger than my fist since each person gets a whole one.*
 - ****See tip in the lower left about pre cooking the potatoes*
- Salt & Pepper
- 1 cup shredded cheddar cheese
- Vegetable oil
- Optional Extra Toppings:
 - Chives or green onions
 - Sour cream
 - Salsa

Equipment

- Large nonstick pan
- Medium bowl
- Whisk
- Plate
- Optional paper towels
- Coffee cup and spoon (*for bacon grease*)
- Cutting board and chef's knife
- Spatula
- Measuring cups and spoons
- Stove, oven, oven mitts
- Microwave (optional)
- Rimmed baking sheet
- Parchment or foil (optional)

Potato Prep

- Preheat the oven to 400°F / 205°C
- Poke potatoes a few times w/ fork
- Rub oil over the skin
- Microwave for 5 minutes on high
- When done: turn potatoes over and heat 5 minutes more.

Cutting Directions

KNIFE SAFETY

- *Sharper is safer!*
- *Use the flat parts of the vegetables*
- *Use your supporting hand as a “claw”*
- *Use separate cutting boards for meat and vegetables*

- Chop chosen vegetables into ½ inch pieces

- Chop the bacon into small pieces (about as long as they are wide)

Cooking Directions

BACON

- Heat bacon pieces in a frying pan over medium high heat (takes about 10 minutes to render out the fat & crisp up (whisk up eggs while bacon cooks)

- When bacon is done: remove the bacon to a clean plate & spoon fat out into a coffee cup (or whatever your family uses for bacon grease)

Potato Cutting

- Cut out the middle of the potatoes & place facedown on a baking sheet to crisp up the skins for 10 minutes more

Cooking Directions

VEGETABLES & EGGS

- Cook up veggies in the bacon pan with 1 tbsp of grease. Cook onion & mushrooms for 5 minutes, then add peppers and cook for 5 more minutes

- Remove veggies & take potato skins out of the oven to cool a little

- Optional Egg Scramble (You can put raw eggs into the potatoes if you prefer. They will cook up in the oven!)

- Cook eggs over med-low, add eggs and scramble until just cooked through. Remove from heat. Add ½ tsp salt.

Potato Assembly!

- Salt & pepper into the potato shell
- Add 1 tablespoon of cheese
- Add a quarter of the veggies
- Add ¼ cup scrambled eggs (or one raw cracked egg)
- Sprinkle with bacon pieces
- Add 1 more tablespoon cheese

Place potatoes on the baking sheet and cook:

- 8 minutes for scrambled egg filled potatoes
- 12-15 minutes for raw egg filled potatoes

Scrambled egg potatoes are finished when the cheese is melted

Raw egg potatoes are finished when the whites of the eggs are cooked through (12 minutes for soft yolk, 15+ for medium to hard yolk)