

Cloud Eggs

- 1 egg per person
- 1 piece of bread per person
- 2 tablespoons grated cheese per person
- Salt & Pepper
- Non-stick Spray
- Parchment Paper



Preheat the oven to 350 degrees F. Line a baking sheet with parchment and coat with nonstick cooking spray. Coat 4 small bowls with nonstick cooking spray. Separate the eggs and put the whites into a medium bowl and the yolks in the small bowls (1 yolk per bowl). Add a large pinch of salt to the egg whites and beat with an electric mixer on low speed until stiff peaks form, 2 to 3 minutes. Dollop 4 large spoonfuls of the egg whites onto the prepared baking sheet and make a small well in the middle of each with the back of a spoon. Bake the whites until they are firm, no longer wet and just beginning to turn brown, about 6 minutes. Gently pour 1 yolk into the well of each white. Bake until the edges of the yolk just start to set while still being runny, 3 to 4 minutes. Season with salt. While the cloud eggs are baking, toast your bread and top with the grated cheese. Serve on top of the prepared cheesy toast. Season with salt and pepper if desired.

- Preheat the oven and prepare the pan with parchment paper
- Prepare the small bowls by coating with non-stick spray
- Collect the eggs; separating the whites from the yolks
- Add a pinch of salt; beat with electric mixer until stiff peaks form
- Dollop the egg whites onto the prepared parchment paper
- With a spoon, create a well in the middle of each "cloud"
- Place in oven, set timer & remove from oven
- Add yolks to the wells and continue to bake.
- Collect bread and toast
- Measure cheese; add to prepared toast
- Serve cloud eggs on top of the prepare toast

- Wash dishes in hot, soapy water
- Dry dishes & sink & place towel in laundry basket
- Put dishes away & place recipe in basket
- Wipe off counters, stove & microwave
- Empty garbage & Sweep floors



Cloud Eggs

1. How do you separate egg whites from egg yolks?
2. Which part of the egg gets beaten with an electric mixer?
3. How long do you beat the eggs? What should it look like?
4. What is a "dollop"?
5. What do you need to do to the "clouds" before you bake them? What tool do you use?
6. What characteristics indicate the "clouds" are finished baking?
7. After adding the yolks to the clouds, how long do you bake them?
8. What should you be preparing while the cloud eggs are baking?
9. Does this breakfast meet the 3 out of 5 criteria? If yes, prove it and if no, indicate what it needs to meet the criteria.

