

Iron Chef Breakfast Contest

Choose one of the recipes listed below for your patrol. You can make changes to the ingredients to accommodate for taste or allergies. When your breakfast is complete, there will be a taste test by the judges. Points are as follows:

10 pts.	Using the patrol method
10 pts.	Preparing and serving meal in less than 45 minutes
10 pts.	Clean-up and all cooking gear stored within 30 minutes
30 pts.	Complete meal including fruits and vegetables
40 pts.	Taste, texture and presentation

Recipes

Camp Eggs

12 Eggs

Olive Oil

Diced Onion (amount will vary depending on taste)

Green Pepper (amount will vary depending on taste)

Tomatoes diced (1 tomato per every two persons)

Shredded Jalapeno Jack Cheese

Salsa

Salt and Pepper

Sauté onion and green pepper in olive oil in a iron skillet until translucent. Beat eggs and add to mixture. Scramble until eggs just begin to set (they should still look very moist). Add tomatoes, blend in well. Cook only until tomatoes are heated, not soft. Remove from heat and top with cheese and salsa.

To accompany eggs, serve bacon or sausage, and tortillas. Juice, and fruit complete the meal. Serves 6 Scouts.

Scotch Eggs

½ English Muffin

1 egg

Butter

Cut silver dollar sized holes into 1 ½ of an English muffin. Butter both sides of the muffin. Place into skillet on low heat. Break 1 egg into the whole. Fry both sides until slowly cooked. Serve 2 halves with egg to each Scout. Serve with bacon or sausage. Juice, and fruit complete the meal. One package of English muffins will serve 6 Scouts.

Skillet Breakfast

1/2 stick butter (or more if needed)
10 medium-size potatoes, cooked and diced (you will need to bake the potatoes before coming to camp)
1 large onion, diced
1/4 cup diced green pepper
1/2 teaspoon celery seed
1/4 teaspoon herbed seasoning salt
1/4 teaspoon pepper
8 jumbo eggs
1/4 cup milk
1/4 pound extra-sharp cheese, shredded
Bacon bits

In 12-inch cast-iron skillet melt butter over medium heat. Brown potatoes. Add onion and green pepper to skillet. Add celery seed, herbed seasoning salt, and pepper. Whisk eggs with milk. After potatoes are browned (add more butter if needed), pour egg mixture on top, tipping skillet so egg is distributed to edges. When egg is set, cut in squares and turn over to brown. Add shredded cheese on top. Let cheese melt. You can serve with a slice of cooked ham on the side. Serves 6 Scouts

Spamable Eggs

1 can (7 oz) SPAM
12 eggs
1/2 Cup Milk
1/2 Medium Onion Diced
1/2 Green Pepper Diced

Remove SPAM from the can and dice. Place in iron skillet and fry the SPAM. While the SPAM is frying, crack and stir the eggs with a whisk in a large bowl. Leave the egg shells out! Stir the onion and green peppers into the egg mixture then add to the skillet. Fold the eggs over the SPAM until the eggs are cooked. Serves 6 Scouts.