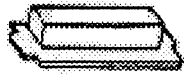


Chopped Egg & White Sauce

You Need:



2 eggs



1 Tb. butter



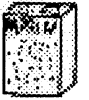
1 Tb. flour



1/2 cup milk



2 slices
of bread



pinch paprika



1 tsp. dry
mustard



salt & pepper



water



saucepan with lid



frypan



knife



liquid
measuring cup



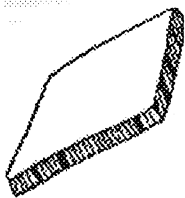
Tablespoon



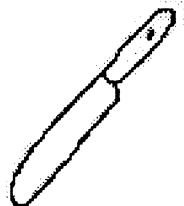
teaspoon



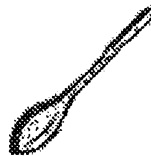
1/4 teaspoon



cutting board



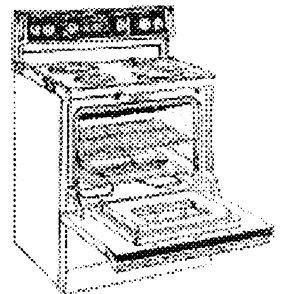
metal spatula



wooden
spoon

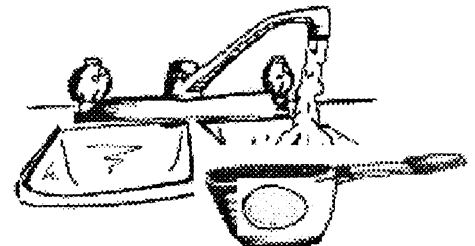
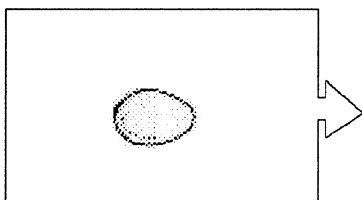


toaster



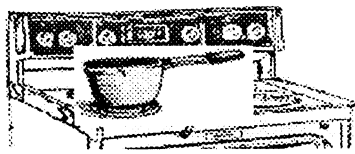
stove

1.

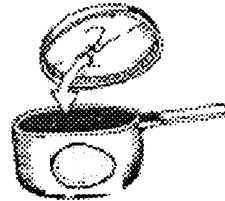
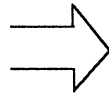
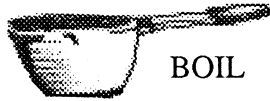


Place egg in medium saucepan. Add enough cold water to cover 1 inch above the egg.

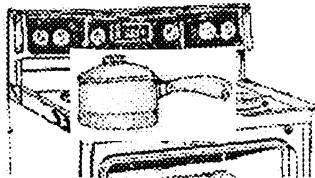
2.



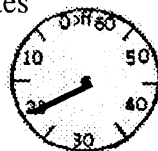
Put pan on stove. Turn heat to HIGH.



Bring to a boil. Cover with lid. Turn heat down to LOW.

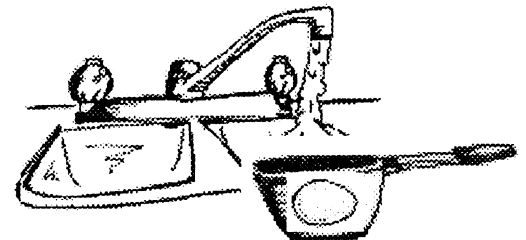
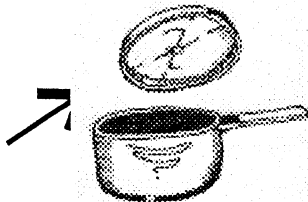


20 minutes



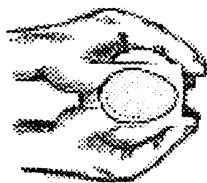
Simmer 20 minutes. Turn stove OFF.

3.



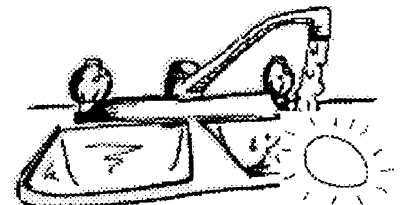
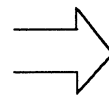
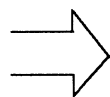
Remove lid. Run cold water over the egg until cool enough to handle.

4.



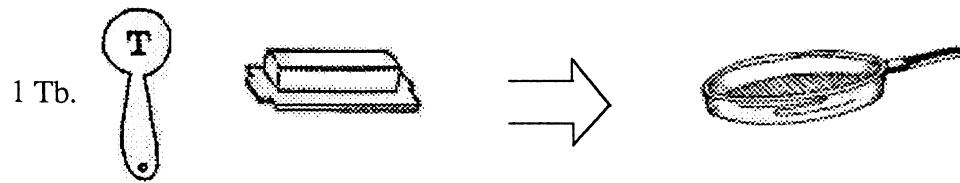
Roll the egg between palms of hands.

5.

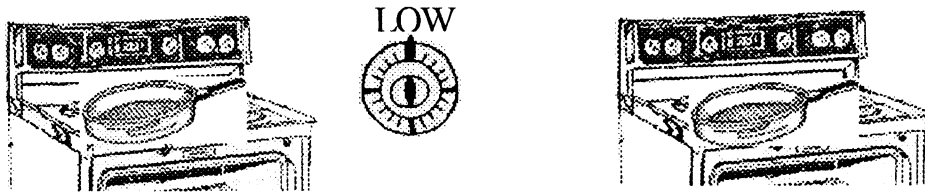


Peel off egg shell. Rinse off egg under water.

6.

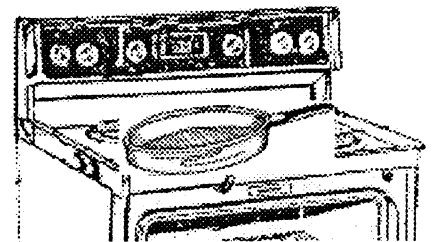
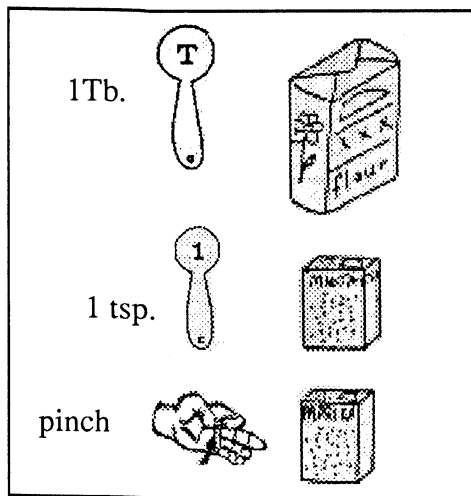


Measure and place 1 Tb. butter frypan.



Put pan on stove. Turn stove to LOW to melt the butter.

7.

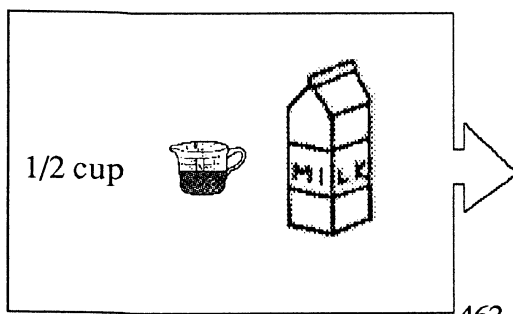


Add 1 Tb. flour, 1 tsp. mustard, pinch paprika to melted butter.



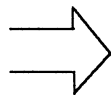
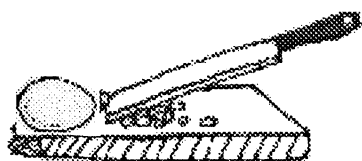
Stir until mixed throughly which is smooth and no lumps.

8.



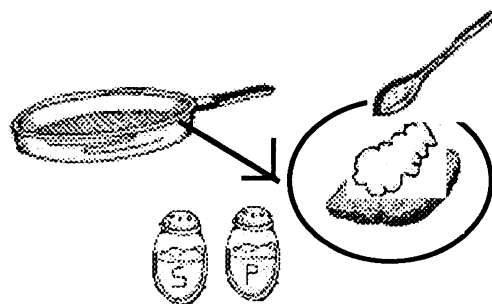
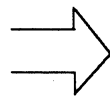
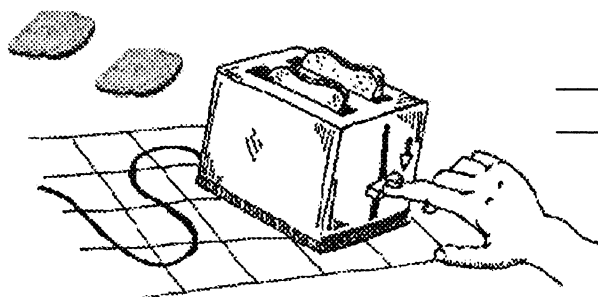
Gradually add 1/2 cup milk and continue to cook until thick and smooth.

9.



Chop egg into small pieces. Add to cream sauce. Stir together. Turn stove OFF.

10.



Toast 2 pieces of bread. Put toast on plate. Spoon creamed egg mixture over toast and serve. Season with salt and pepper.

CHOPPED EGGS & WHITE SAUCE

You Need:

2 eggs	saucepan with lid
1 Tb. butter	frypan
1 Tb. flour	knife
1/2 cup milk	cutting board
2 slices of bread	1/4 teaspoon
pinch paprika	teaspoon
1 tsp. dry mustard	Tablespoon
salt and pepper	metal spatula
water	wooden spoon
liquid measuring cup	toaster

1. Place egg in medium saucepan. Add enough cold water to cover 1 inch above the egg.
2. Put pan on stove. Turn heat to HIGH. Bring to a boil. Cover with lid. Turn heat down to LOW. Simmer 20 minutes. Turn stove OFF.
3. Remove lid. Run COLD water over the egg until cool enough to handle.
4. Roll the egg between palms of hands.
5. Peel off eggshell. Rinse off egg under water.
6. Measure and place 1 Tb. butter in frypan. Put pan on stove. Turn stove to LOW to melt the butter.
7. Add 1 Tb. flour, 1 tsp. mustard, pinch paprika to melted butter. Stir until mixed thoroughly which is smooth and no lumps.
8. Gradually add 1/2 cup milk and continue to cook until thick and smooth.
9. Chop egg into small pieces. Add to cream suace. Stir together. Turn stove OFF.
10. Toast 2 pieces of bread. Put toast on plate. Spoon creamed egg mixture over toast and serve. Season wirh salt and pepper.