

Breakfast

BASTARD BREAKFAST (serves 2)

NOTE: Before attempting, ensure at least 1 cup of tea has been consumed.

Soft Margarine
White Sugar
Worcester Sauce
5 Slices White Bread
2 Sliced Onions

4 Large Eggs (Free Range)
2 Sliced Tomatoes (Free Range)
60g Grated Cheddar Cheese
Random Meat (e.g. ham or beef)
Optional Mushrooms

1. Preheat Oven to 80°C (176°F)
2. Fry onions with margarine in a pot on medium heat.
3. Fry tomatoes with margarine in a pan on medium heat. Sprinkle both sides of tomatoes with sugar and flip regularly until golden red.
4. Add Worcester Sauce to onions and stir. (*Fig 1.1*)
5. Place finished onions and tomatoes on enamel plate in oven to keep warm until needed.
6. Fry random meat in remains of tomato juice until cooked, then place on plate in oven. (See Step 5)
7. Fry eggs with margarine and begin to toast bread in toaster. (*Fig 1.2*)
8. Prepare cup of tea.
9. Serve everything onto 2½ pieces of toast each. (*Fig 2*)
10. Enjoy!



Fig 1.1

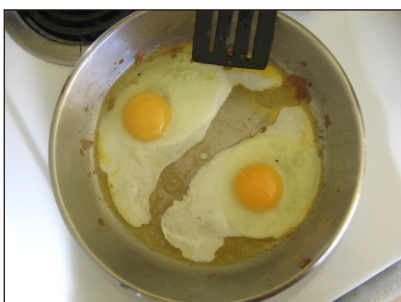


Fig 1.2



Fig 2