

# Betty's Baked Bacon and Super Scrambled Egg Breakfast Recipe



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In this video, Betty shows how to make bacon in the oven (with extra to be frozen in individual slices for later). A serving of bacon is then placed beside perfect scrambled eggs, thick-sliced raisin toast, citrus slices and hot chocolate. Easy comfort food for a pleasant start to the day!

## Ingredients:

- 1 pound (or more) sliced uncooked bacon
- 5 large eggs
- 1 tablespoon margarine
- salt (to taste)
- black pepper (to taste)
- 2 slices raisin bread
- butter (softened, and enough to spread two slices of bread--front and back)
- 1 orange or tangelo, unpeeled, but sliced

First, make the baked bacon. Line a broiler pan with aluminum foil. Also, cover the top piece of the broiler with aluminum foil. Now, use a knife to make slits in the covering of foil on the top piece (in order for bacon drippings to drip through to the pan underneath). Place room-temperature, uncooked slices of bacon side by side on the broiler pan. When the pan is full, place it in an oven, which has been preheated to 350 degrees. Bake for about 25 minutes, or until desired degree of doneness. Keep checking as the bacon cooks, so that you don't overcook it. When the bacon is done, remove the broiler pan from the oven to a protective pad on the kitchen counter. Place each cooked strip of bacon one by one on a tray that is covered with paper toweling, to soak up any excess bacon fat. When drained, move each piece to a tray covered with waxed paper. Repeat this process until all of the bacon you need cooked is processed. You may make several layers of waxed paper to hold the cooked bacon. Let the bacon cool to room temperature, and then, after saving a few pieces out for breakfast, place the waxed paper tray of bacon in the freezer (uncovered) for about 4 hours, until you can pop the individual bacon slices off the wax paper and move them into a gallon-sized Ziploc baggie. Freeze the prepared bacon for later use. They can be quickly microwaved, as needed. Proceeding on to the preparation of your breakfast, melt 1 tablespoon of margarine in a medium-sized saucepan (Teflon-coated is nice.). Crack 5 eggs into a medium-sized mixing bowl, removing 2 yolks, with 3 remaining. (I do this to save on fat and cholesterol, and I use the leftover yolks for other purposes. You may use whole eggs entirely, if you like.) Salt the eggs in the bowl to taste at this point. Using a spoon or a whisk, lightly blend the eggs as you increase the heat of your saucepan. It is important that your saucepan is hot (not smoking) when you start cooking your eggs. Slide the blended eggs into the skillet and quickly stir and fold, until they are to your desired degree of doneness. They should be light and fluffy. (They will be tough and rubbery if you start them in a cold saucepan.) Remove them from the saucepan immediately, once they are done. In the meantime (perhaps while your bacon is baking and you have not yet started your eggs), spread two slices of raisin toast with softened butter. Place them in a skillet or saucepan over low heat, and watch them almost constantly, until they turn nice and crispy on both sides. Remove from heat. To assemble your breakfast plate, take about 1/2 of the scrambled eggs, pepper them with finely-ground black pepper (to taste), place 2 or 3 strips of bacon beside the eggs, add one piece of raisin toast, and a few slices of fresh orange or tangelo. Serve all of this with hot chocolate--a quick packaged mix, prepared while you are waiting on your bacon will be great! A pretty and tasty comfort food breakfast! Enjoy