

09.02 大廚師—早餐 quesadillas

Breakfast quesadillas

材料:

- 1) 1 磅培根
- 2) 1 個洋蔥 (切丁)
- 3) 甜椒 (任何顏色--除籽和切丁)
- 4) Jalapeno (除籽, 細切) - 可選
- 5) 1 湯匙黃油
- 6) 8 個大雞蛋
- 7) ¼ 杯 half and half
- 8) 6 大全麥麵包餅
- 9) 1½ 杯磨碎的切達干酪
- 10) 2 個牛油果
- 11) Pico de gallo** (洋蔥/番茄/香菜切丁, 加檸檬汁和鹽)

- a. 1 pound bacon
- b. 1 medium onion (diced)
- c. Bell pepper (any colour -- seeded and diced)
- d. Jalapeno (seeded, finely diced) -- optional
- e. 1 tbs butter
- f. 8 large eggs
- g. ¼ cup half and half
- h. 6 large whole wheat tortillas
- i. 1 ½ cups grated cheddar cheese
- j. 2 avocados
- k. Pico de gallo *(diced onion, tomato, cilantro, lime juice and salt)

做法：

1. 炸培根（然後在廚房紙上排油）
2. 使用相同的鍋，放入洋蔥和胡椒（裝盤）
3. 煮炒雞蛋
4. 用黃油或特級初榨橄欖油放鍋裏預熱，然後放上玉米餅
5. 加奶酪，培根，然後加蛋
6. 加入切片的牛油果
7. 另一層奶酪，然後把所有的蔬菜放在上面
8. 添加第二個玉米餅，翻轉
9. 剪切，然後和 Pico de gallo 一起上菜

1. Fry bacon (then drain on paper towel)
2. Use the same pan, throw in the onions and pepper (plate)
3. Cook scrambled eggs
4. Tortilla on butter/extra virgin olive oil
5. Add cheese, bacon, then eggs
6. Add sliced avocado
7. Another layer of cheese , then all the veggies on top
8. Add second tortilla, and flip
9. Cut and serve with Pico de gallo