



Food For Thought Recipe and Allergen Card

Fried Eggs

50 Portions

Ingredient	Hannah Product Code	Quantity
Rapeseed Oil	D001023	For frying
Free Range Eggs	C000350	1 Per person

RECIPE METHOD – ALLERGENS

1. Crack the appropriate number of eggs required into a mixing bowl being sure not to break the yolks
2. Add cooking oil to deep lipped trays so it just covers the whole of the bottom of the tray
3. Pre-heat the oven to 170°C
4. Place the oiled trays into the oven for 3 minutes or so or until the oil is hot
5. In one move add the eggs to the hot fat (be careful not to over crowd the trays – working on about 15 -20 per tray depending on the size of tray used) the eggs should start to sizzle straight away
6. Cook in the oven for around 5 minutes – longer if you don't want a runny yolk
7. Serve immediately

The allergens highlighted in RED are present in this dish
Allergens:
Cereals : Wheat Rye Barley Oats Spelt Kamut
Milk
Eggs
Peanuts
Tree Nuts
Sesame
Fish
Crustaceans
Molluscs
Celery
Mustard
Soya
Lupin
Sulphites
May contain...