

Surviving at University – How to cook eggs four ways

Eggs are nourishing and cheap – here are four ways to serve them:

<p style="text-align: center;">Boiled egg</p> <p>Serves one</p> <p>Ingredients</p> <p>One egg Salt and pepper</p> <p>Method</p> <ol style="list-style-type: none">1. Fill a small pan two-thirds of the way up with water and bring to the boil. Lower the egg carefully in to the pan using a spoon.2. Simmer for 5 minutes for a runny yolk or 8-10 minutes for a hard-boiled egg.	<p style="text-align: center;">Fried egg</p> <p>Serves one</p> <p>Ingredients</p> <p>Two tablespoons of oil One egg One slice of buttered toast</p> <p>Method</p> <ol style="list-style-type: none">1. Heat oil in a frying pan over a medium to high heat. Once hot, crack the egg into the pan2. Cook the egg for two minutes until the white has set3. Take a teaspoon and begin spooning some of the hot oil over the yolk. Do this a few times until you see the white on the surface of the yolk turn opaque – this means it is cooked.
<p style="text-align: center;">Scrambled egg</p> <p>Serves one</p> <p>Ingredients</p> <p>Two eggs Knob of butter One/two slices buttered toast Salt and pepper</p> <p>Method</p> <ol style="list-style-type: none">1. Crack the eggs into a bowl, season generously, then use a fork to whisk together.2. Heat the butter in a saucepan over a medium heat. Once melted and bubbling, pour in the whisked eggs.3. Stir the eggs almost constantly as they come together – this should take about 4-5 minutes. Turn the heat off when the eggs still look a little liquid. Continue to stir and the residual heat will finish cooking them.	<p style="text-align: center;">Poached egg</p> <p>Serves one</p> <p>Ingredients</p> <p>One egg One slice of buttered toast Salt and pepper</p> <p>Method</p> <ol style="list-style-type: none">1. Fill a large saucepan with water and heat until it is just below boiling point – there should be a few bubbles shooting from the bottom of the pan to the surface.2. Crack your egg in to a mug or bowl and when the water is hot, gently slide your egg in. Leave the egg to simmer on a low temperature for 3-4 minutes.3. The egg is cooked when the yolk is masked in a thin layer of cooked, fully formed white, but it will be soft to the touch.4. Remove the egg with a slotted spoon and season with salt and pepper.

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These recipes make toast taste great; the ingredients cost very little and are filling!

Cheese on toast	Tomatoes on toast
<p>Serves two</p> <p>Ingredients</p> <p>Knob of butter 2 tablespoons of plain flour 200ml milk 200g cheddar cheese, grated 1 tablespoon mustard 1 egg yolk 4 thick slices of bread</p>	<p>Serves two</p> <p>Ingredients</p> <p>3 large tomatoes ½ teaspoon dried oregano Drizzle of olive oil 2 slices of bread 1 garlic clove, peeled and left whole Salt and pepper</p>
<p>Method</p> <ol style="list-style-type: none">1. Preheat your grill to the maximum setting.2. Melt the butter in a saucepan over a medium heat.3. Once melted add the flour and stir well with a wooden spoon, continue to stir regularly for one minute.4. Take the pan off the heat and pour in a quarter of the milk. Stir well with a wooden spoon until the flour mix has absorbed the milk. Add another quarter of the milk and stir again before placing the saucepan back on the heat and adding the remaining milk. Stir the mixture thoroughly while bringing to the boil.5. Once the sauce is boiling reduce the heat to the minimum and add the cheese a little at a time, stirring constantly. Once all the cheese has been incorporated, take the saucepan off the heat and beat in both the mustard and the egg yolk.6. Let the mixture cool a little before spooning onto your toast. Then place the topped slices under the grill for about 5 minutes until the cheese mixture is bubbling a golden. Keep an eye on it to make sure it doesn't burn!	<p>Method</p> <ol style="list-style-type: none">1. Preheat the oven to 200c/Gas 6.2. Slice your tomatoes in half and place on a baking tray. Season the tomatoes with salt and pepper, sprinkle evenly with dried oregano and drizzle with a little olive oil. Bake in the oven for 15 minutes.3. Meanwhile toast your bread, rub each slice with the whole garlic. Drizzle toast with a little olive oil and place on a plate.4. Top the toast with the baked tomatoes.

Garlic mushrooms on toast	Posh beans on toast
Serves two	Serves two
Ingredients 1 tablespoon of butter 1 teaspoon of oil 200g of mushrooms, halved 1 garlic clove, peeled and finely chopped 2 slices of toast Salt and pepper	Ingredients 1 x 420g tin of baked beans 1 teaspoon sugar 4 teaspoons Worcestershire sauce Few drops Tabasco sauce ½ teaspoon Marmite Butter for spreading 2 slices of toast
Method <ol style="list-style-type: none"> 1. Heat the butter and oil in a frying pan over a medium heat. Once melted and bubbling add the mushrooms and fry for 2-3 minutes, stirring regularly. 2. Reduce the heat slightly and then add the garlic. Continue to fry, stirring, for a further 2 minutes. 3. Season the mushrooms and pile onto the freshly toasted bread. 	Method <ol style="list-style-type: none"> 1. Pour beans into a saucepan and heat over a medium heat. Add sugar, sauces and marmite and stir well. 2. Bring beans to the boil, stirring regularly. Serve on toast.

What about combining both eggs and bread for **Eggy Bread!**

Serves one

Ingredients

2 medium eggs
 1 tablespoon milk
 2 slices of bread
 1 tablespoon butter
 Salt and pepper

Method

1. Lightly beat the egg in a shallow bowl along with the milk. Season.
2. Dip each slice of bread in the egg mixture, making sure it has soaked up all the liquid. Heat a frying pan over a medium heat and add the butter. Swirl the butter around the pan and when it's beginning to foam, add the bread and fry on each side for one minute or until golden.