

## OMD'S BREAKFAST SANDWICH

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At some point, I became obsessed with poached eggs. I think it started with another “What the For Unlawful Carnal Knowledge am I going to eat for dinner tonight?” night. I decided on poached egg sandwich and, believe it or not, the eggs turned out OK, or at least OK enough to pursue it. I then became obsessed with getting it in the right form factor for sandwiches. I tried ramekins, little mini pie pans, and maybe a few more random things. Then I thought I would revisit eggs low and slow in the non-stick with ring molds. Still not the right form factor, so I bought some square ones. They were too small. Then I thought, why not use the bread itself? Sounds a little silly, but I think this is probably one of the neatest original things I have done.

Anyways, this version uses sausage, but you can really use any filler you want. I have also done canned mushrooms and diced tomatoes and it was FANTASTIC! This is also surprisingly filling; one half of the sandwich works for me unless I am REALLY hungry. By the way, you MUST cut this along the diagonal; triangles taste better

### INGREDIENTS

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<b>Qty.</b>	<b>Unit</b>	<b>Item</b>
3	Slices	Maier's Italian Bread (No Seeds)
3	Slices	Kraft Deli Deluxe American Cheese
2	-----	Large eggs
3	Links	Maple Sausage Breakfast Links
1	-----	Beefsteak Size Tomato
1	-----	Red Onion
1/2	TBSP	Land O' Lakes Salted Butter

Bread... make sure you get the regular stuff and not the “light” stuff. I made that mistake once and it took me a while to figure out why the texture was so off

Kraft American Cheese... I like this stuff. It melts really well and is PERFECT for this application. As with all things cooking, however, use what you like (as long as it melts well)

Sausage Links... Use whatever brand you like, but I think that “maple” portion of it gives it that nice little bit of sweetness

Tomato... I don't know a lot about tomatoes, but I have had good luck with the hothouse tomatoes. However, if they are in season and you have access to a farmers market, they are supposed to be much tastier than run of the mill store bought.

Another thing about tomatoes... Apparently I have been storing them all wrong. “They” (you know... THEM”) say that they should be stored at room temperature, NOT in the fridge. I have started doing that. However, I have also come across something that says you can keep them in the fridge, as long as you let them come to room temperature before you use them. I think store them at room temperature, but if you don't get to them in a few days, put them in the fridge.

Red Onions... I wanted something with some crunch and that gave a little bit of “bite” to the flavor, so red onions seemed like that obvious choice. However, they can be a bit on the over powering side, so you may want to go for a yellow or sweet onion instead

Insert standard blurb about butter here

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## SPECIAL TOOLS

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- Serrated bread knife  
I got mine because I was going to get into bread again. Still haven’t gotten around to that, but it works REALLY well for grilled cheese type sandwiches. They are not that expensive and are well worth having in your arsenal
- (Qty. 1) Chef’s Press 8 oz Weight [iii]
- (Qty. 1) Chef’s Press 13 oz Weight [iii]

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## PREPARATION

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### THE SAUSAGE, TOMATO, AND ONION

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This can be done ahead of time; as far ahead as the sausages will keep. However, they are addictive, so don’t make them too far ahead of time so that you wind up eating them all before you get to the sandwich

- 1) Heat a fry pan on medium lowish
- 2) Add the sausage links
- 3) Cook the sausages turning somewhat regularly until nicely browned on all sides
- 4) Remove from heat and set aside until needed
- 5) While the sausage is cooking, rinse the beefsteak sized tomato and remove the core-stem part
- 6) Slice the tomato across the core axis to ½ to 1 cm thick
- 7) Place the tomatoes in a Tupperware container with the “better” slices on top and set aside
- 8) Rinse the onion, cut off the root and stem ends, and remove the paper
- 9) Slice the onion across the core axis to ½ to 1 cm thick
- 10) Place the onions in a Tupperware container with the “better” slices on top and set aside

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### THE SANDWICH

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- 1) Heat a small non-stick on VERY LO [i]
- 2) Take one of the slices of bread and cut out the middle, about ½ cm from the edge [ii]
- 3) Rinse the eggs, crack, and whisk in a small bowl until well incorporated
- 4) Brush one side of the bread hole with the egg
- 5) Place the bread whole, egg side down, in the pan and gently place the 8 oz Chef’s Press on top
- 6) Cook for a few minutes until the egg brushed side of the bread just sets

- 7) SLOWLY pour in more eggs in the bread hole until the pan is just covered with egg
- 8) Cook until the egg just sets
- 9) Add the sausage
- 10) SLOWLY pour in more egg until it reaches the top of the bread hole
- 11) Cover with heat dome
- 12) Check the egg level occasionally and top it off with additional eggs as needed [iv]
- 13) Cook until the egg is just about set
- 14) Set aside and cover with heat dome
- 15) Do a quick soft scramble of the remaining egg, put on top of the bread hole, and recover with the heat dome
- 16) Melt the butter in the microwave
- 17) Brush one side of the two remaining slices of bread with the butter
- 18) Place the first slice of bread, butter side down in the pan
- 19) Place 1 ½ slices of cheese on the bread
- 20) Place 1 ½ slices of tomato on the cheese
- 21) Place the bread hole on top of the tomato
- 22) Place some onion on the bread hole
- 23) Place 1 ½ slices of cheese on top of the onion
- 24) Place the remaining piece of bread, butter side up, on top of the cheese
- 25) Place a 13 oz. Chef's Press on top of the sandwich and cover with the heat dome
- 26) Set time for 5 minutes
- 27) At the end of 5 minutes, remove the heat dome and place a plate over the top of the pan
- 28) Flip the sandwich onto the plate then slide the sandwich back into the pan and recover with heat dome
- 29) Cover with the heat dome and set timer for 5 minutes
- 30) At the end of 5 minutes, remove the heat dome and place a plate over the top of the pan
- 31) Flip the sandwich onto the plate then slide the sandwich back into the pan and recover with heat dome
- 32) Bump up the heat a tad
- 33) Cook and flip every 2 minutes until your desired level of brownness is reached
- 34) Slice the sandwich along the diagonal and plate
- 35) ENJOY!!!

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## CLOSING THOUGHTS

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Kinda if silly, but I am just a little proud of this one. It's tasty, its filling (1/2 is enough for me unless I am HUNGRY), and I think it has potential to grow into something else. Not quite sure what that something else is right now, but it will be, well, something else. This is also a blank canvas. Don't like sausage? Fill it with something else! The possibilities are virtually without limit.

## NOTES

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- i. As low as your stove can go without being off or being in danger of the flame being blown out
- ii. The idea is to get as close to the edge as possible while still maintaining some sort of structural integrity
- iii. These things are FANTASTIC! Great for a range of things, but I mainly use them for grilled sandwiches. You don't absolutely need them for this, but I think overall they make for a better sandwich
- iv. The egg will soak into the bread as it cooks to some degree, so additional top off will be required as it cooks

PICTURES

























