



## Australian Eggy "Slice"

By Dylan Sabuco

**Prep Time** 10 / **Cook Time** 20 / **Serves** 4 - 6

### Fun-Da-Mentals Kitchen Skills

**bake:** to cook food with dry heat, as in an oven.

**chop:** to cut something into small, rough pieces using a blade.

**crack:** to break open or apart a food to get what's inside, like an egg or a coconut.

**grate:** to reduce food, like a carrot, to very small shreds or pieces of the same size by rubbing it on a tool with an outside surface that has holes with cutting edges (a grater).

**knife skills:** Bear Claw (growl), Pinch, Plank, and Bridge (look out for trolls).

**measure:** to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

**slice:** to cut into thin pieces using a sawing motion with your knife.

**whisk:** to beat or stir ingredients vigorously with a fork or whisk to mix, blend, or incorporate air.

### Equipment

- Oven
- Baking dish (9 x 11 or similar) + oven-proof lid or aluminum foil
- Cutting board
- Kid-safe knife
- Grater
- Large mixing bowl
- Dry measuring cups

- Liquid measuring cup
- Measuring spoons
- Whisk or wooden spoon

## Ingredients

### Australian Eggy "Slice"

- 5 eggs **\*\***(for EGG ALLERGY sub 1 8-oz pkg silken tofu, blended with 1/2 C water)**\*\***
- 1 C all-purpose flour **\*\***(for GLUTEN ALLERGY sub gluten-free/nut-free all-purpose flour)**\*\***
- 1/2 C vegetable oil **\*\***
- 1/2 tsp baking powder
- 1 tsp salt
- 1/2 tsp ground black pepper
- 1/4 C grated or shredded Parmesan cheese, optional **\*\***(for DAIRY ALLERGY sub dairy-free/nut-free cheese shreds, like Daiya brand)**\*\***
- Pick 2 or more:
  - 4 green onions, diced
  - 2 garlic cloves, minced
  - 1 zucchini, diced
  - 1 yellow squash, diced
  - 1 sweet potato, grated
  - 1 russet potato, grated **\*\***(Omit for NIGHTSHADE ALLERGY)**\*\***
  - 1 tomato, diced **\*\***(Omit for NIGHTSHADE ALLERGY)**\*\***
  - 1 handful mushrooms, diced (your choice)
  - 1 small eggplant, peeled + diced **\*\***(Omit for NIGHTSHADE ALLERGY)**\*\***

## Food Allergen Substitutions

### Australian Eggy "Slice"

**Egg:** For 5 eggs, substitute 1 8-oz pkg of silken tofu, blended with 1/2 C water.

**Gluten/Wheat:** Substitute gluten-free/nut-free all-purpose flour.

**Soy:** Substitute canola oil or other nut-free oil for vegetable oil.

**Dairy:** Substitute dairy-free/nut-free cheese, like Daiya brand.

**Nightshade:** Omit optional russet potato, tomato, and eggplant.

## Instructions

### Australian Egg "Slice"

#### intro

G'day! A "slice" is an Australian casserole-like snack that can be served savory or sweet. The savory preparations always include eggs, vegetables, and sometimes cheese, while the sweet preparations consist of creamy custard, chocolates, and fruits. This slice recipe will be savory and packed full of veggies.

#### preheat

Preheat the oven to 350 F.

#### grate + slice + chop

Start by grating, slicing, or chopping at least two of your chosen **vegetables** from the list above as small as possible.

#### crack + measure + stir

In a large mixing bowl, crack **5 eggs**. Then, measure **1 cup flour**, **1/2 cup vegetable oil**, **1/2 teaspoon baking powder**, **1 teaspoon salt**, **1/2 teaspoon black pepper**, and optional **1/4 cup grated Parmesan cheese** and add that to the eggs. Scrape all the **veggies** into the bowl. Stir to combine.

#### scrumptious science

Both baking soda and baking powder are leavening agents, which means they are added to baked goods before cooking to produce carbon dioxide, causing them to rise. Baking powder contains baking soda, but the two substances are used under different conditions and can provide very different results. Baking soda has only one ingredient: sodium bicarbonate. It is about four times stronger than baking powder and is used in recipes that contain an acidic ingredient. Baking powder contains baking soda, but it also includes an acidifying agent, like cream of tartar.

#### bake + slice

Pour the mixture into a baking dish. Make sure all the veggies are as evenly spread out as possible. Then, cover with an oven-proof lid or sheet of aluminum foil and bake for 20 to 25 minutes or until there are no runny eggs left on top. Be sure to keep it covered the whole cooking time, as the steam that is trapped in

the pan will help cook the slice. Cut it into slices and serve alongside a heaping scoop of **Aussie Tomato Sauce**. Now that's a "grouse tucker!" (That's Australian slang for a "good meal.")

## **Featured Ingredient: Baking Powder and Baking Soda!**

If you don't use yeast or eggs to make a baked good rise, you must use a chemical leavening agent. For this purpose, you can use either baking soda, baking powder, or a combination of both. Adding them to baked goods before baking produces carbon dioxide, a gas, causing them to "rise."

Baking soda contains only one ingredient: sodium bicarbonate. It begins to act as soon as it touches an acid, like lemon juice or vinegar. Baking powder, however, doesn't fully activate until the dough is heated.

Baking powder includes baking soda, cream of tartar (an acid), and a starch, like cornstarch. The starch prevents the bicarbonate and acid from prematurely reacting. Baking powder comes in two forms: single-acting and double-acting. Single-acting activates with moisture, so you need to bake the dough right after mixing. Double-acting works in two stages. Some gas releases before baking when the powder is added to the damp dough, but most releases while the dough is heated during baking.