

## BREAKFAST BURRITO #000

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This one has been kicking around a little while. Not in this form, but in various hints and tidbits. I was trying to figure out what to put in it, but I couldn't figure out something that said "That is right!" The big sticking point was the green component. Lettuce was right out. Green pepper did not seem quite right. Then I was talking to Wayne at the River Country Store one day and had that Eureka moment! Avocados!!!

By the way, I still don't think I have totally mastered eggs yet. Maybe one day

### INGREDIENTS

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<b>Qty.</b>	<b>Unit</b>	<b>Item</b>
1	Small	Shallot
AR	-----	Extra Virgin Olive Oil of Choice
2	Extra Large	Chicken Eggs
AR	-----	Fresh Ground Black Pepper
1	Mediumish	Beefsteak Tomato
1	Mediumish	Avocado
1	Small	Lime
AR	-----	Low and Slow Bacon
AR	-----	Shredded Sharp Cheddar Cheese
1	10 in	Flour Tortilla

The smaller shallots should be somewhere around 1 ½ oz.

I think Extra Large is just about right for this, but use what you like!

I really like the La Banderita Extra Large Flour Tortillas. They taste great and keep forever. Look for them in the "International" aisle of you grocery store. If you are feeling a bit more adventurous make your own! (Which reminds, I have some tortilla ideas I need to work on)

Yes, I know what the foodies say about pre-shredded cheddar, but I am feeling lazy today

### SPECIAL TOOLS

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- Not really a special tool, but a non-stick pan makes things SO much easier for eggs. My 9 inch with a 7 inch bottom is perfect for this recipe
- Parchment or butcher paper [vii]

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## PREPARATION

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### DAY BEFORE

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- 1) Make LOW AND SLOW bacon as per “How to Cook Bacon Rev 00 20210116.pdf” [i]
- 2) Put in the fridge in a Ziploc bag on paper towels until needed

### DAY OF

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- 1) Heat the 9 inch non-stick on very low heat
- 2) Rinse the shallot and remove the paper
- 3) Slice of the root and stem ends and fine dice
- 4) Add enough EVO to the pan to lightly coat the bottom of the pan
- 5) Add the shallots, cover with a heat dome, and let cook undisturbed for 10 minutes
- 6) Rinse the beefsteak tomato and remove the stem bits
- 7) Slice and thinly as possible [v] and set aside in a small Tupperware container until needed
- 8) Rinse and juice the lime
- 9) Rinse the avocado, slice in half and remove the pit
- 10) Scope out the meat in as much as one piece as possible
- 11) Slice the avocado as thinly as possible
- 12) Place in the Tupperware container, sprinkling each slice with a little bit of lime juice [vi]
- 13) After the onions have cooked for 10 minutes, remove the heat dome and continue to cook, stirring every 5 or so minutes, until they take on a nice brown color [ii]
- 14) Wash, crack, and put eggs into a small bowl
- 15) Whisk eggs until yolks and whites are well incorporated and you start seeing some bubbles
- 16) Add the eggs to the onions and sprinkle with some fresh ground black pepper [iii]
- 17) Heat your toaster oven to 350 deg. F on roast with the rack in the middle
- 18) As the eggs start to set, scoop up the set eggs, let the uncooked eggs spread under, and placed the cooked eggs on top [iv]
- 19) Repeat step 18 until the eggs are just shy of being cooked to your liking
- 20) Place on the tortilla. If the eggs did not set in one piece, spread evenly over the tortilla to about 1 inch or so from the edge
- 21) Place tomato slices over the eggs
- 22) Place avocado slices over the tomatoes
- 23) Place bacon slices over the avocado
- 24) Sprinkle over some shredded cheddar cheese
- 25) Sprinkle shredded cheddar around the edge too (It will act as a glue)
- 26) Roll the tortilla as tightly as possible without and of the filling leaking out
- 27) Brush a VERY light coat of olive oil over the tortilla and place on a ¼ sheet pan in you toaster oven
- 28) Cook for about 10 minutes or until nice and toasty
- 29) Tightly wrap the burrito in the parchment paper [vii]
- 30) Cut in half on a bias
- 31) ENJOY !!!

## CLOSING THOUGHTS

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No additional thoughts on this other than I think this one will be another one that leads me down another rabbit hole

## NOTES

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- i. If you don't have the time for this, one of the high and fast methods will work. You'll also probably want one of the high and fast techniques if you like a little bit of chew to your bacon
- ii. If the shallots start to char before browning, reduce heat, add a little more oil, and stir more often
- iii. I don't really think you need any extra salt here due to the bacon and cheese, but if you try it and think it needs it, by all means, put it in next time!
- iv. If eggs start to cook too fast, remove pan from heat, reduce heat, then put the pan back on the heat
- v. I was seriously thinking of breaking out my slicer for this, but I am too lazy today
- vi. This should both keep the avocado from browning and add a little bit of acid to the overall burrito
- vii. Totally optional

## PICTURES

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