

Black Forest Ham Egg Cups

Company: Egg Farmers of Ontario
Cook Time: ~13 minutes

Serving Size: 2 each (152 g/5.3 oz)
Cook Temperature: 350°F/177°C

Yield: 25 Portions

Step	Ingredients	Metric Weight	Metric Volume	Imperial Weight	Imperial Volume
2	Green Onions, fresh, sliced into rings	94 g	-	3.3 oz	-
3	Black Forest Ham, sliced, 17.6 g each	880 g	-	1 lb 1 oz	-
4	Large Eggs, in shell	50 each	-	50 each	-
4	Salt, table	2.43 g	2 ml	0.09 oz	½ tsp
4	Black Pepper, ground	1.14 g	2 ml	0.04 Oz	½ tsp

Preparation Steps to use:

Wash hands before beginning preparation and sanitize surfaces/equipment.

1. Preheat convection oven to 350°F/177°C. Lightly spray muffin pan(s) with cooking spray.
2. Wash green onions and slice into rings. Set aside until service.
3. Press 1 slice of black forest ham (17.6 g/0.6 oz) into each muffin cup.
4. Gently crack eggs one by one directly into the ham cup or crack into a small measuring cup and carefully pour into ham cup. Sprinkle with salt and pepper.
5. Bake ham egg cups in preheated oven for ~10-13 minutes or until eggs are set and cooked through. CCP-Cook to internal temperature of 165°F/74°C for a minimum of 15 seconds. Remove from muffin pan(s) and transfer to a 2" deep insert pan and cover with lid. CCP-Hold at >140°F/60°C until service.
6. At point of service, garnish with sprinkling of sliced green onions.
7. Serve 2 Black Forest Ham Egg Cups per serving.

Plating/Garnishing Suggestions:

Serve with fried potatoes, buttered whole grain toast and sliced tomato slices.

CCP-Maintain >140°F/60°C for a maximum of 4 hours. Temperature should be taken every 2 hours during holding.
CCP-COOL: Product must reach 140°F/60°C to 70°F/21°C within 2 hours and 70°F/21°C to 40°F/4°C within 4 hours.
CCP-REHEAT to an internal temperature of 165°F/74°C within 2 hours held for at least 15 seconds-one time only.

NOTE: Refer to local or regional public health regulations for any hot holding time limits.

Black Forest Ham Egg Cups

Nutritional Information Per Serving: 2 each (152 g/5.3 oz)

Calories	% of Calories from Protein	Protein	Carbohydrate	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Total Sugars	Total Dietary Fiber	Sodium	Potassium	Calcium	Iron
180 kcal	47 %	21 g	3 g	12 g	3.5 g	0 g	435 mg	0 g	0 g	450 mg	200 mg	50 mg	2.25 mg

Vitamin A	Vitamin C
211.32 RE	0 mg