

Donald's Breakfast Muffins

Cook time: 30-35 minutes
Bake temp: medium
Yield: 4
Prep time: (included in cook time)
Ingredients: 4 English muffins
4 sausage rounds/patties
4 slices of cheese
4 eggs



Preparation:

Slice the muffins open; remove the cheese slices from their packaging and fold the four corners into the center of the slices, so as to avoid the corners, which extend beyond the edges of the muffins, from melting onto your plate.

Cooking instructions

Fry the sausage rounds/patties until browned, and remove; drain the grease from the frypan, and fry the eggs, turning them over. Toast the muffins while frying the eggs, reusing a small amount of the sausage grease.

When the muffins are toasted, begin assembling the Donald McBreafasts by adding a slice of cheese, a sausage round/patty and a fried egg.

Notes:

Always great hot and fresh; however, they will keep in the fridge for several days and can be reheated in the microwave in 35-45 seconds.

When cooking sausage first, drain and save the grease to fry the eggs after frying the sausage; clean the frypan in between the sausage and eggs, and return some of the grease.

History/Anecdotes:

These were “developed” as a response to the “If I make it, will you eat it?” which were not appropriate for advance preparation, *and* which were far too greasy and rich for regular, daily consumption.

They are called “Donald McBreakfast” because I made these as a fundraiser at my church, and people started calling them “Donald McMuffins”, which I have resisted given the far-too-similarly-named-for-my-comfort McDonald's breakfast muffin line.

Sausage patties may be purchased in the freezer section; Maple Leaf sells them already sliced, separated with wax paper, and frozen. You can also make your own patties using bulk sausage or by slicing Maple Leaf sausage meat.