

## The Ultimate Breakfast Sandwich

*The quintessential fast food breakfast classic - a hearty plant-based patty on a toasted english muffin.*

### Ingredients

- 4 Breakfast Patties
- margarine or oil (optional)
- 1 bottle [Just Egg](#) (or one block of tofu)
- dash of kala namak or black salt (optional)
- 4 slices of cheese
- 4 English muffins



### Instructions

1. Sauté the breakfast patties in a skillet over medium heat until a little crispy, about 3-5 minutes on each side. You may use a little oil or margarine if you prefer.
2. Remove the patties and set aside.
3. Cook the [Just Egg](#) over low to medium heat for a few minutes. When the Just Egg begins to firm up, flip ends up and over toward the center to create a square shape. You can also use english muffin rings (or metal food rings or cookie cutters) to create round shaped Just Egg circles. Just be sure to cook it on a low setting for about 10 minutes, or until the top is almost firm, then flip on to other side for a few more minutes. \*\*\* See note below if substituting Tofu.
4. Place a piece of cheese on top of the egg. Cover with a breakfast patty.
5. Slice your English muffin in half and toast in a toaster oven or in the skillet.
6. Place the Just Egg-Cheese-Patty stack on top of the bottom slice of toasted English muffin. Top with the top of the English muffin.
7. If you're like me and need that cheese to melt, place the sandwich in the microwave for 10 seconds. Alternatively, place the sandwich back in the skillet and cover with a lid to heat through for about a minute. This will melt the cheese better.
8. Serve!

### Notes

Kala namak (black salt) has a subtle sulfuric scent. It mimics the smell of eggs and lends it to a more traditional experience. A little sprinkled on top does the trick.

\*\*\* If you are unable to find or use [Just Egg](#), you may use Tofu. That's what we used for the past two years. It works great in this recipe. Simply drain the water from an Extra Firm or Super Firm block of Tofu. Press it in between paper towels if there is excess water. Stand the block up on its end and slice it in four long slices. Lay the slices down on the cutting board and cut a circle out of each slice. I've successfully used a wide mouth mason jar for this. But cookie cutters or metal food molds make a cleaner circle. Once you have your four circles of tofu, cook them in a skillet with a little oil or margarine and sprinkle with the kala namak, if desired. Cook until slightly golden, about 2-4 minutes each side.

I used the [English muffins recipe](#) at [Truffles and Trends](#). They're delicious as written, though I omitted the salt.