

# CRUNCH TIME

## Food Hacks



**Serve Information: Makes 1 Heart Egg & 1 Pre-Sliced Banana**

### INGREDIENTS:

2 Hard-boiled eggs (still warm)  
2 x 'Prepared earlier' Heart Eggs  
2 Fresh bananas (not peeled)  
x 'Prepared earlier' pre-sliced banana (not peeled)

### EQUIPMENT:

Dinner knife  
Post card sized cardboard, folded lengthwise  
Chopstick  
2 Elastic bands  
Cardboard, chopstick, elastic bands for "prepared earlier" sample  
Toothpicks

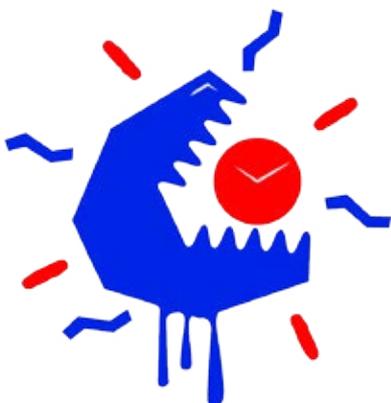


## METHOD:

1. Slice open a regular hard boiled egg. Inside is how you would expect it to look
2. Slice open the Food Hack hard boiled egg, in the opposite direction of the groove, to reveal the heart egg
3. To create the first Food Hack, take a hard-boiled egg that has just been cooked and is still warm
4. Place the egg in the middle of a piece of cardboard with a seam down the middle so that the longest side is resting along the middle of the seam
5. Place a chopstick along the top of the egg parallel to the seam
6. Using elastic bands, secure each end of the chopstick to the cardboard and leave in position for 15 minutes
7. Take "prepared earlier" hard-boiled egg secured in cardboard with chopstick. Remove the egg and slice open to reveal the heart egg
8. The pressure of the chopstick on the egg in the right places caused it to take on the heart shape
9. Slice open a banana. Inside is how you would expect it to look
10. Slice open the Food Hack banana to reveal the pre-sliced banana
11. To create the second Food Hack, take a banana and a toothpick. Insert the toothpick in the subtle line in the banana that runs the length of the banana
12. Push the toothpick through the banana, all the way to the other side of the skin, without coming through the other side. Move the toothpick to the left and right, inside the banana. This is 'slicing' the banana inside its skin
13. Remove the toothpick and place it in position a few centimeters further down to make another slice
14. Continue making slices all the way down the line on the banana
15. Peel the banana to reveal the slices

## ADDITIONAL NOTES:

- \* 1 x 'prepared earlier' Heart Egg (just a lone egg on a side plate, without the chopstick, piece of milk carton or elastic bands)
- \* 1 x 'prepared earlier' Heart Egg (still embedded in the milk carton bit/chopstick/elastic bands contraption)
- \* 1 x 'prepared earlier' Pre-sliced banana (not peeled), on a dinner plate



©2016 Ambience Entertainment

crunch-time.tv

It's important to remember that when in the kitchen make sure a grown up know what's cooking and if you're working with anything hot or sharp make sure you ask for help