

Featured Project: Green Eggs and Ham!

Sam-I-Am wants you to try his green eggs and ham!
Cook up this exciting breakfast while learning about PH indicators. Then serve up your delicious dish.



Materials Needed:

- Eggs
- Red cabbage
- Ham
- Pot
- Frying pan
- Stove
- Oil or butter
- Spatula



Time to Make: 20 minutes to make, 15 minutes to enjoy.

Instructions:

1. Coarsely chop 1/4 of the cabbage and place in pot.
2. Cover cabbage with boiling water and let sit for 10 minutes. Water will turn deep purple.
3. Strain out cabbage.
4. Crack egg and separate yolk. To do this, place the yolk and whites of your egg on a plate. Carefully use your fingers to get under the yolk and let the whites slip through your fingers. Save the yolk for later.
5. Mix a small amount of the cabbage water with the egg whites. You will see a colour change.
6. Place a little oil (or butter) in a warm frying pan and place the egg whites in your pan. Gently place the yolk on top of whites and fry your egg as desired.
7. Cook ham normally and serve.

The Science Behind Green Eggs

Red cabbage contains a substance called anthocyanin that changes colour when it mixes with substances that are acids and bases – a PH indicator. Egg white is a very weak base so the egg white turns a bluish-green. If the cabbage juice comes into contact with an acid (you can try lemon juice or vinegar), it will turn a bright red.

Sources: Fantastic forces and incredible machines (2018)

Jamie Oliver's FoodTube Live: <https://www.youtube.com/watch?v=xBrrcFlrUkw>

What is Maker Minute?

Maker Minute is our way of bringing the SDG Library MakerLab to your home! Each week, we'll release a cool activity or experiment that you can do using items from your home. You can share your progress and finished products on our social media pages:

facebook.com/sdglibrary
twitter.com/sdglibrary
instagram.com/sdglibrary/

We can't wait to see what you'll make next!

