

# The Best Way to Fry an Egg

Once you try Spanish fried eggs, you'll never cook them any other way.

**The Kitchn** | Sheela Prakash



*Photo by Joe Lingeman/Kitchn*

I'll take my eggs in just about any way, shape, or form, but a fried egg has long been my favorite. Fried eggs are almost foolproof to make and can turn just about anything into a hearty meal, from a pile of sautéed greens to avocado toast.

While there are a number of ways to fry an egg, from sunny-side up to over easy, one method in particular might be the very best way to go about

it. It's called a Spanish fried egg, and it's something you should get to know ASAP.

## What Is a Spanish Fried Egg?

Spanish fried eggs, called *huevos fritos*, are as decadent as fried eggs come. Instead of using just a little bit of olive oil or butter, they're fried in a *very* generous amount of olive oil — and **they're basted in the oil while they cook**. The result is a fried egg with seriously crispy, lacy edges and a just-set yolk that practically melts in your mouth.



*Photo by Joe Lingeman/Kitchn*

## How to Cook a Fried Egg, Spanish-Style

To prepare a Spanish fried egg, pour about **1/4-inch of olive oil** into a small, heavy skillet. Heat it over **medium-high heat** until it's extremely hot (but not smoking). Crack **1 egg** into a ramekin or mug. When the oil is hot, **carefully slip the egg in and reduce the heat to medium-low**. Then **spoon some of the oil over the egg** as it cooks. Remove the egg with a

slotted spoon after **no more than 1 1/2 minutes** (when the white puffs and becomes crispy and golden-brown around the edges, and when the yolk still jiggles). Serve sprinkled with a bit of flaky salt and freshly ground black pepper.

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