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POACHED EGGS WITH CRUMBED TOMATOES

MAY 9, 2014

This is a little post to get you ready for the weekend. The only time in the week you have time to take over breakfast! Busy bees, enjoy this one, you've jolly well earned it!

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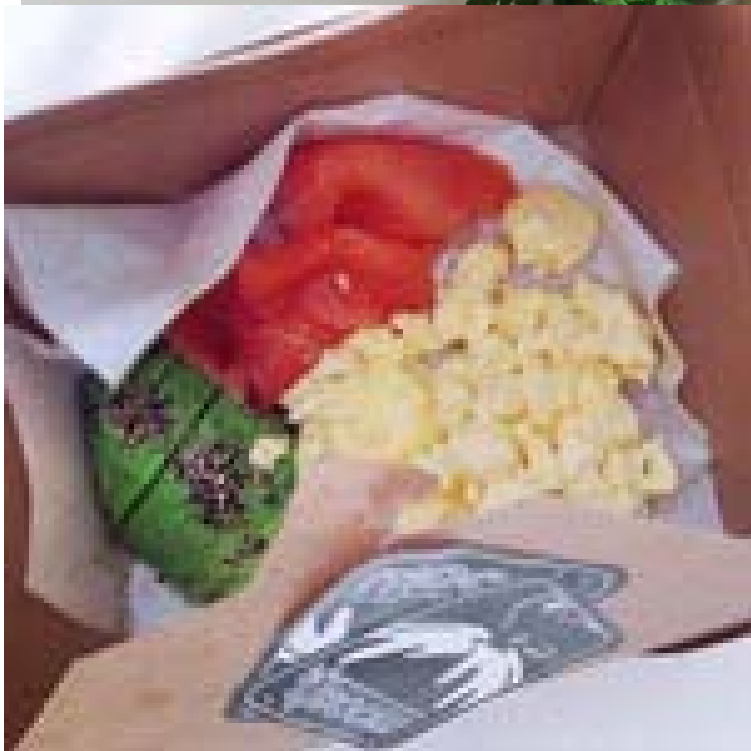
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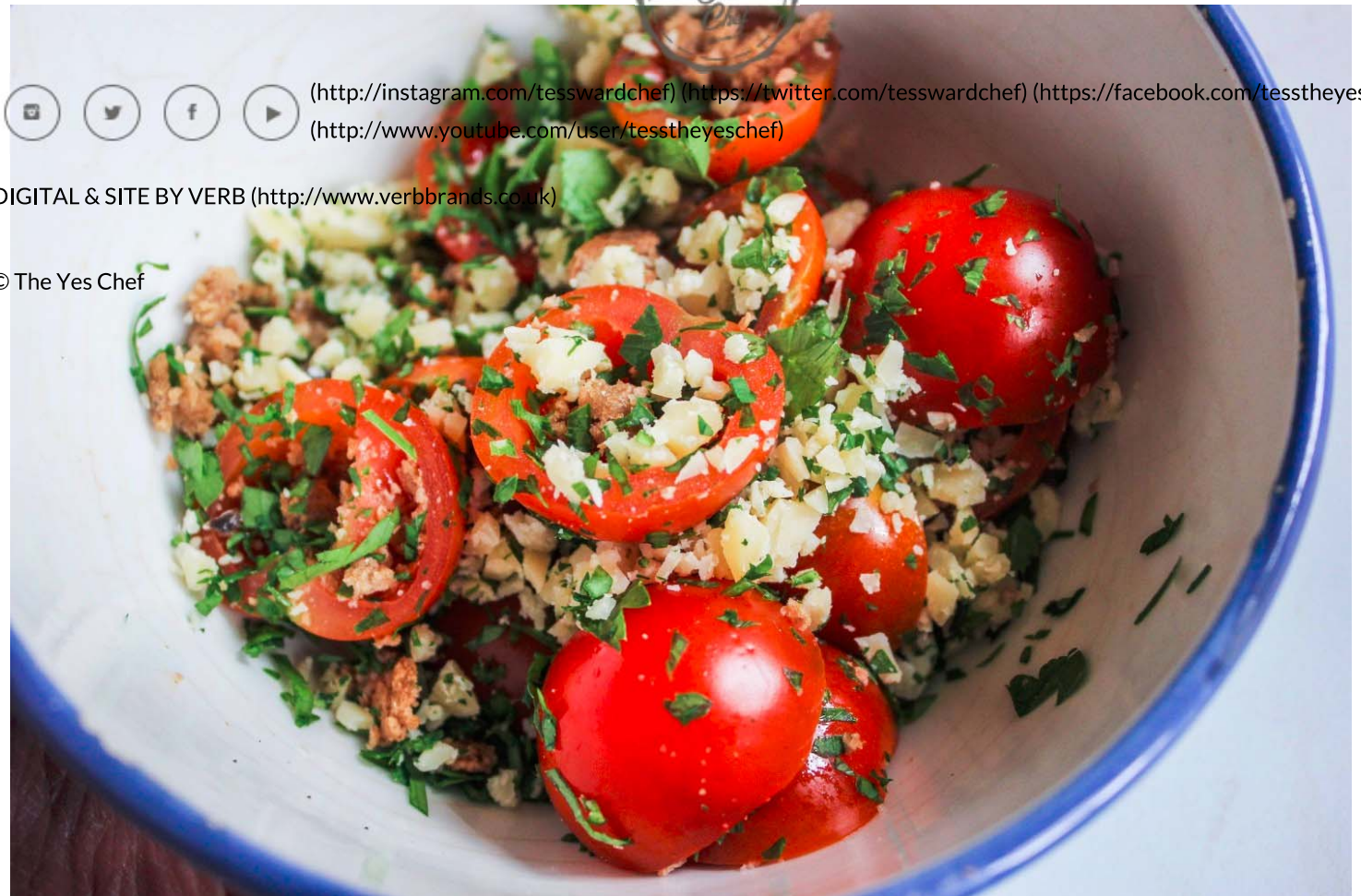


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A lot of people have a bit of a thing about egg poaching, either they make THE BEST EVER poached eggs or they just can't do it and stick with the inferior (in my opinion) fried variety. It not tricky if you stick with a few simple tricks! There is no need for any ferocious whirlpooling... The key is....

1. Using fresh eggs. This is key. If they aren't fresh the whites splay apart.
2. A little vinegar, any sort.
3. A slotted spoon, it allows for easy removal of the egg from the pan without the water.
4. If you are uncomfortable about your egg cracking skills, crack the eggs into a glass (one at a time) and gently plop them into the water from there.



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Ingredients

Serves 2

- 4 Eggs, room temperature
- 10 Cherry Tomatoes
- 1 tbs fresh Parsley, finely chopped
- 40g Breadcrumbs, or 1 slice of bread
- 30g Parmesan
- 1 tsp Extra Virgin Olive Oil

Set the oven at 200C/gas mark 6. Cut the tomatoes in half, scoop out and discard the seeds, dice the flesh into small pieces then transfer to a mixing bowl. Tear or shred the basil leaves and finely grate the parmesan, then add the breadcrumbs, together with the olive oil, to the tomatoes.

Toss the tomatoes, basil and parmesan together gently, then tip into a dish and bake for 15 minutes or until the mixture has crisped lightly on top.

Meanwhile poach the eggs by bringing a small saucepan of water to the boil. Add a tablespoon of vinegar.

Take the saucepan temporarily off the heat. Crack one of your eggs into a cup, then gently pour it into the water. Repeat the same process with the rest of the eggs. I would recommend you do no more than two at a time.

You'll see them begin to cook immediately. A really soft poached egg should take around 2 minutes and a soft to firm one will need 3 minutes, but this will depend on the size of egg. To check whether they're done, remove one carefully from the pan with a slotted spoon and give it a gentle push with a teaspoon. It should be slightly firm all the way through and there should be no phlegm like appearance to the white. (Sorry but it does look like phlegm) If it feels too soft, put it back and give the eggs a minute more in the water to firm up.

When they're ready, remove them from the pan using a slotted spoon and place them on kitchen paper to dry off.

Arrange them on the plate and scatter over the cherry tomatoes. Serve with toast or any other breakfast accompaniments you like. Smoked salmon, bacon, crispy chorizo, mini chipolata sausages are all great options. So too is a few slices of avocado some toasted dark rye bread and a squeeze of lemon, if your feeling in the mood.

How ever you have it, enjoy and eat and share with those you love.

Tess x



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