

## **Mexican Egg**

Huevos rancheros

For each person

1 tablespoon diced tomato (seeds removed)

Half tablespoon finely chopped red onion

a pinch of chopped de-seeded chilli

Half tablespoon chopped coriander

15g butter

2 eggs

2 tablespoons milk

salt and pepper

## **To serve:**

Grated cheddar cheese

A few coriander leaves

Some fried tortilla wedges or soft warm tortillas

Prepare and mix together your tomato, onion, chilli and coriander. Set aside.

**Method:** In a bowl, whisk together the eggs with the milk and season with salt and pepper.

Melt the butter in a saucepan add the eggs and cook on a gentle heat for 3 to 5 minutes, using a wooden spoon to scrape the cooked egg from the bottom of the saucepan so that it scrambles as it cooks. Just before it is ready stir in the other ingredients. The secret is to warm these ingredients through but not cook them. You need to hold on to the fresh raw flavours of the tomato, onion, chilli and coriander. Serve immediately with a little grated cheddar, a few whole coriander leaves and some fried tortilla wedges, or soft tortillas.

## **Shakshouka** Serves 2-4

### Ingredients:

2 tablespoons extra-virgin olive oil

1 small onion, chopped

1 red or yellow pepper, seeded and sliced

Sea salt and freshly ground black pepper

1 x 400g tin of tomatoes, chopped

1 teaspoon ground cumin

1 teaspoon smoked paprika

½ teaspoon ground caraway

Pinch of sugar .

4 eggs

2 tablespoons chopped fresh parsley or coriander

100g crumbled feta or feta-style cheese

Flatbreads, crusty white bread, or pitta breads, to serve 1

### **Method:**

Place a frying pan over a medium heat and add the extra-virgin olive oil.

Tip in the chopped onion and cook it until it starts to turn golden, then add the sliced pepper, and season with sea salt and some freshly ground black pepper. Turn the heat down to low, cover the pan with a lid and cook the pepper slices for another five to eight minutes until they have softened.

Add the tinned chopped tomatoes, the ground cumin, the smoked paprika, and the ground caraway, and season with a good pinch of sugar. Simmer, uncovered, for 15-20 minutes or until the mixture has thickened. Season to taste; it might need more sugar.

Use the back of a spoon to make 4 hollows in the tomato mixture, one to fit each egg.

Alternatively, divide the sauce between individual small pans and make a dip for one or two eggs. Crack an egg into each hollow, and cook, with the lid on, for six to eight minutes or until the whites of the eggs are set and the yolks are thick but runny (if you like firmer yolks, then cook the eggs for one to two minutes more). Sprinkle with chopped fresh parsley or coriander, whichever you're using, and scatter over the crumbled feta cheese, or feta-style cheese, whichever you're using.

Serve the Middle Eastern breakfast eggs hot from the pan with some flatbreads, crusty white bread or pitta breads

### **Eggs Benedict** Serves 2-4

For the hollandaise sauce, you will need:

2 egg yolks

2 teaspoons water

125g cold butter, cut into dice the size of sugar cubes

For the eggs Benedict, you will need:

Pinch of salt

4 eggs

4 slices bread, or 2 English muffins or 2 bagels, split .

Butter

8 cooked rashers

Chives, chopped, to serve 1

### **Method:**

First, make the hollandaise sauce. Put the egg yolks in a saucepan (preferably one with a good heavy base) on a low heat, or in a bowl over hot, almost simmering water. (It is important to remember that if you are making hollandaise sauce in a saucepan directly over the heat, it should be possible to put your hand on the side of the saucepan at any stage. If the saucepan feels too hot for your hand, then it is also too hot for the sauce and it will scramble.) Add the two teaspoons of water to the egg yolks and whisk to mix.

Next, add two or three cubes of the cold butter at a time, whisking all the time. As soon as one or two pieces of butter melt, add the next two pieces. The mixture will gradually thicken, but if it shows signs of becoming too thick or slightly scrambling, remove it from the heat immediately and add a teaspoon or two of cold water to cool it quickly. Do not leave the pan unattended or stop whisking until the sauce is made. Taste for seasoning if you're using normal salted butter it probably won't need any more salt. The whole process should take five to seven minutes from start to finish.

If the sauce is slow to thicken it may be because you are being excessively cautious and the heat is too low. Increase the heat slightly and continue to whisk until the sauce thickens to a coating consistency.

Keep the hollandaise sauce warm by pouring it into a bowl or jug and sitting it in a saucepan of steaming (but not boiling) water (you can put the saucepan on and off the heat to keep it warm). Kept at this temperature, the sauce will keep for a couple of hours. You may need to thin the sauce out with a little water if it gets a bit thick while it is sitting.

Once the sauce is made, poach the eggs. Put a saucepan of water on to boil with a pinch of salt. Crack an egg into a cup with a handle, and once the water in the saucepan is gently simmering, but not boiling, swirl a spoon in the water to create a vortex, then gently tip the egg into the swirling water. Crack the next egg into the cup and repeat this process, until all the eggs are poaching. They'll take about three to four minutes to cook, until the whites are set and the yolks are cooked how you choose. When the eggs are cooked, lift them out of the water with a slotted spoon and place them on kitchen paper to drain.

Meanwhile, toast the bread, or the split muffins or bagels, whichever you are using.

Spread butter over each piece of toast, or muffin or bagel, whichever you are using, then top each one with two pieces of bacon, followed by a poached egg. Generously spoon the hollandaise sauce over each egg. Finish with a sprinkling of chopped fresh chives over the top and serve straight away.