



The secret to being a good cook is to use great ingredients. The secret to being a great cook is to use your ingredients with love. MH

Poached Eggs for a Chef

Serves 2

4 large eggs
3 tablespoons extra virgin olive oil
1 clove of garlic, peeled and minced
1 small onion, peeled and chopped
1 small sweet bell pepper, seeded and chopped
3 slices bacon, sliced into 1" strips
1-14 oz can diced plum tomatoes in puree
2 tablespoons fresh basil, chopped
2 slices Ciabatta bread, halved and toasted
½ cup white old cheddar, shredded

THE STEPS:

- Place a large skillet over medium high heat
- Add olive oil to warm
- Add bacon and fry until fat is rendered and bacon has started to brown
- Add garlic, onion, and peppers to bacon and cook until soft
- Add tomatoes and basil to skillet and bring to a boil
- Reduce heat and simmer until sauce has thickened slightly
- Break eggs into sauce then cover pan and cook until yolk reaches your favourite stage.
- While eggs are poaching, toast the ciabatta bread.
- Place toast on a serving plate and spoon eggs with lots of sauce over top.
- Sprinkle with grated cheddar and serve.

THE LOVE: Don't be afraid of poach eggs. It's a lovely way to cook eggs and super easy. Use a knife to make a clean break in the egg shell. Separate the shell and gently drop the egg into the sauce. With this recipe the egg poaches on top of the sauce with the help of a pot cover. The white is cooked when it looks cooked. Make sure there's no clear runny white visible.