

POACHED EGG SALAD

Time: 30 minutes

Serves: 4

Ingredients:

8 thick slices bacon – sliced into 1” squares
1 tablespoon white vinegar
2 tablespoons extra virgin olive oil
2 teaspoons wine vinegar
1 clove garlic – finely chopped or crushed
⅓ teaspoon kosher salt
⅓ teaspoon fresh ground black pepper
¼ teaspoon dried thyme
1 head curly endive (frisée) – leaves roughly torn and stalks discarded
4 eggs

Preparation:

Place the bacon in a cast frying pan over medium heat, stirring often.

While the bacon is cooking, fill a deep pan half to two-thirds full of water, add the white vinegar and place it over high heat.

With the bacon cooking and the water warming, whisk together the olive oil, wine vinegar, garlic, salt, pepper and thyme. Pour this dressing over the endive and toss to coat. Plate the salad in large bowls or on plates.

Once the bacon is crisp, remove it from the pan with a slotted spoon and drain on paper towels.

When the water reaches a boil, reduce the heat to a bare simmer. Break the eggs one at a time into a small bowl and pour from the bowl into the simmering water. Cook for approximately three minutes or until the white is just set. When the eggs are cooked, very carefully remove them one at a time with a slotted spoon and place on top of the salad.

Season the eggs lightly with salt and pepper then sprinkle the salad with the bacon pieces. Serve immediately.

Nutritional Information Per Serving:

Calories: 276
Fat: 22g
Carbs: 5g
Fibre: 4g
Protein: 16g