Olive Oil Poached Egg

Description

Poached egg in olive is a delicios breakfast variation. Enjoy over a bed of arugula on an olive oil crisp bread.

Summary

Yield: 1
Source: Inspired by Alice Waters, organic and natural food advocate
Prep Time: 15 minutes
Category: Eggs
Cuisine: Italian
Tags: poached egg, Olive oil

Ingredients

- 1 fresh egg
- 1/2 cup olive oil
- 3 oz fresh arugula
- 1 olive oil crisp bread (Matiz)
- 1 clove garlic, crushed
- 1 tbsp fresh thyme leaves, minced

Instructions

Place a teaspoon of olive oil in a small enamelware saucepan. Saute one clove of crushed garlic in the olive oil, and spread evenly around the saucepan.

Add 1/2 cup of olive to the saucepan and bring to a medium heat. Don't overheat the olive oil.

Add 1/2 teaspoon of minced fresh thyme leaves to the olive oil.

The trick to poaching an egg in olive oil is to use a small saucepan so you can bring the level of

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the olive oil over the whites of the egg, but just below the yolk, without having to use too much olive oil.

Carefully crack a fresh egg over the saucepan and gently drop into the heated olive oil. As the egg cooks, sprinkle more of the fresh thyme over the egg.

Continue cooking the egg until the egg whites are congealed. But don't overcook the egg, you want the yolk to remain soft and liquid.

Better than poaching in water, poaching an egg in olive oil yields a perfect poached egg with smooth solid whites that don't spread and run out too far. And the olive oil (with garlic and fresh thyme) infuses a wonderful flavor to the egg.

Place an an olive oil crisp bread on a serving plate and arrange a bed of fresh arugula over the crisp bread. Carefully remove the poached egg from the saucepan and place over the bed of arugula.

Sprinkle the remaining fresh thyme leaves over the top for garnish.

Notes

You don't have to go overboard with an expensive specialty olive oil to poach an egg. However, a better extra virgin olive oil will impart more flavor to the egg. We used an extra special special olive oil that we found at a recent visit to Bella Cavalli Farms & Vineyard located in the Santa Ynez Valley, CA.

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You can find the **Matiz** olive oil crisp bread at LaTienda.com , one of our favorite specialty Spanish food suppliers online. This is a wonderful crisp bread product imported from Spain. The Spanish label is "**Matiz** Sugared Torta De Aceite".