Italian Eggs Benedict

Description

An Italian twist on a breakfast or brunch favorite, this egg and risotto combination is terrific. And what else are you going to do with that left-over risotto?

Summary

Yield: 1
Source: Inspired by 80Breakfasts at http://80breakfasts.blogspot.com
Prep Time: 15 minutes
Category: Eggs
Cuisine: Italian

Ingredients

- 1/2 cup leftover risotto
- 3 tbsp breadcrumbs
- 1 tsp olive oil
- 3 slices prosciutto italian ham
- 1 egg
- 1 tbsp pesto

Instructions

Form the risotto into a patty. You can pack it into a measuring cup and it will come out formed into a perfect uniform shape, then just flatten a bit. Coat the patty with the breadcrumbs. Keep refrigerated until you're ready to fry it.

Prepare your pesto. You can follow this basic recipe for basil pesto . You can store pesto in a covered jar in the refrigerator with a thin film of olive oil to cover the top surface of the pesto.

To prepare for poaching the egg, bring a saucepan of water, with a small splash of vinegar, to a rapid boil.

While you are waiting for your water to boil, heat the oil in a skillet. Once oil is hot place the risotto patty in the pan and fry until the bottom is golden. Flip patty and fry until the other side is golden and has developed a nice crust. Set aside.

When the water in the saucepan has reached a boil, reduce heat to bring the boiling down to a simmer (less vigorous bubbles, but still boiling). Here's a technique to poach the egg. Crack the egg into a small bowl. With a wooden spoon make a little whirlpool in the water. Now very gently slip the egg into the center of the whirlpool. You'll see a few strings of egg white churn away in the water, that's normal. Keep the egg in the boiling water for about 2 minutes, the egg whites should be firm and the yolks done to your liking. Turn off the heat and very gently pick up the egg with a slotted spoon.

Arrange the prosciutto slices on on risotto patty. Top with the egg and pesto.