

Greek Style Eggs

Serves 1

You will need:

2 large eggs

1 avocado

1 lime or lemon

1 diced Vine Tomato

Feta Cheese

Handful of Olives

Mayonnaise

Minced Garlic

Hot Sauce

Good Olive Oil

Some toasted bread to serve on.

The Preparation:

Dice your tomato, take the seeds out if you wish. Slice the olives in half, I use Kalamata Olives

In a bowl, mash the peeled and deseeded avocado with some lime (or lemon) juice,

a sprinkle of salt and pepper and a swirl of olive oil.

In a small bowl, mix together 1 tbsp. of mayonnaise with a ½ tsp of minced garlic, ½ of hot sauce and ½ tsp of lime juice.

The Cooking:

Bring a kettle to the boil, pour the kettle into a frying pan over medium heat. Fill the frying pan ¾ of the way. You can use a saucepan but a nonstick pan will be easier to get into with a spatula, and the nonstick will help with releasing of egg from the pan.

Add in a 2-3 tbsps. of vinegar. You don't have to do this but it does set the egg whites a little better and I like the flavor it adds. The water should be just above simmering, not a rolling boil. Using the freshest of eggs, crack one into the frying pan.

Leave it settle into its own shape, when the eggs are fresh the albumen won't have separated and you should have a pretty clean oval of egg wrapping itself around the yolk.

The older the egg, the more of the white will dissipate from the yolk, as such no matter what your technique for poaching

eggs, the whites will lose the watery egg white.

The egg should naturally remove itself from the bottom of the pan after a few minutes, if not, just slide a spatula under it to release it. Cook it for as long as you feel is necessary for you, about 2/3 minutes for a soft yolk, up to 5 for a hard yolk.

Once cooked, remove and place on some kitchen paper to drain, place some more kitchen paper on top and pat dry. There is nothing worse than a wet egg surrounded in poaching liquid ruining your dish.

To Serve:

On some toasted bread, spread your avocado mix, then scatter over the tomatoes and olives

Next crumble some feta cheese over the bread, be generous with the toppings, I like to scatter them around the plate also.

Place your drained and dry poached eggs on top and coat the eggs with you Lime, Chili, Garlic Mayo sauce, crack some black pepper over the eggs if you wish.

Swirl some olive oil over the plate just to cut the richness of the avocado, the feta, the eggs and the sauce.