
Dan Pearson's

Salmon and scrambled eggs on toast



The perfect pink breakfast.

This is more a guideline than a strict recipe as it is very basic in method of cookery yet massive in flavour. Simple and delicious is exactly what you need first thing in the morning (unless someone else is cooking for you).

INGREDIENTS

1 sliced sourdough
Soft butter
4 eggs
50ml milk

200g salmon
1 packet Wild Fennel Co. salmon seasoning
Salt for seasoning the eggs

METHOD

1. Pre heat your oven to 200°C. Lightly rub the salmon with 1 tablespoon of the Wild Fennel Co. seasoning. Place it on an oven proof tray and bake for 10 mins.
2. Whilst that is cooking crack all 4 eggs in a bowl and whisk together with the milk and a little salt.
3. Before you start to cook the eggs, put your desired amount of bread into the toaster and start to cook.
4. When cooking your scrambled eggs, make sure to use a heavy based saucepan. This will help prevent the eggs sticking. Add a very generous heap of butter to the pan with the eggs and place the pan onto a medium heat. Next, with a spatula, keep the eggs moving whilst it's heating up. Don't be tempted to turn the heat up to speed things along as this will effect the desired texture of your eggs and over cook them. Once the eggs start to cook and resemble a classic looking scramble, keep turning them for a further minute then take the pan off the heat. Do not worry if it looks a little under done.
5. By now your toast should have popped and your salmon will be ready to take out of the oven.
6. Butter your toast and place on a (nice pink) plate. Give your eggs a gentle stir once more as the heat from cooking would have finished them off whilst you have been dealing to your salmon and toast. Place on top of the crisp sour dough and give a little sprinkle with salt (sea salt is preferred). Now break your salmon up with a fork and place on top the scrambled eggs.