

Wild Mushrooms and Poached Eggs

Anne Thorp

Ingredients

Mixed wild mushrooms
½ cup chicken stock
Splash of cider vinegar
Pinch of salt
1 or 2 eggs per serving
Slice of rewana (Maori) ciabatta or 5 grain bread, toasted
¼ cup rice bran oil for cooking
Splash of tasty extra virgin olive oil for bread
1x Garlic clove
Flaky salt and freshly ground pepper to season

Method

1. Heat rice bran oil in heavy frypan, throw mushrooms in and sear, turning them constantly. Once cooked remove and add chicken stock to pan and reduce. Return mushrooms to pan.
2. Rub toasted bread with garlic.
3. Bring a pot of water to the boil. Once boiled slide the pot so ½ is on the element and ½ off. Add the cider vinegar and salt.
4. Break the egg into a cup, then pour the egg gently into the boiling side of the pot. Using a slotted spoon slowly drag the egg across the pot to the unboiling side. This is a french method of poaching an egg!
5. Drizzle the extra virgin olive oil over the toasted bread, cover with mushrooms and chuck the eggs on top. Season to taste.

Note from the author: This dish is a great entrée or perfect for breakfast.

