

Perfect Poached Eggs

Serves 1

Cook Time: 3 - 5 minutes

Prep Time: 2 minutes

Ingredients

2 eggs per person

2 Tablespoons white vinegar

Toasted bread or English muffin to serve

Method

Easy to master and quick to prepare, poached eggs are great on toast and essential for that brunch classic Eggs Benedict. Follow these easy steps to become a poached egg pro.

Fill a large shallow frying pan with water 3 - 4 cm deep and heat to a rolling boil. Add vinegar. Break an egg into a small cup and reduce to a low heat.

Gently pour the egg into the water and repeat with additional eggs. Cook gently for 3 - 5 minutes, until cooked to your liking, or when the yolk is set and the white is firm.

Lift the eggs out using a slotted spoon or fish slice and drain.

TIP: You can pat the spoon on top of a paper towel or tea towel to help this process.

Place eggs on hot toast or muffin and serve immediately.

French Toast

Serves 4

Prep Time: 2 Minutes

Cook Time: 3-5 minutes

Ingredients

4 Eggs

4 Tablespoon of Milk

Pinch of cinnamon

1-2 tablespoons margarine

6-8 slices toast bread

Optional: Fresh Fruit to serve e.g. Blueberries

Method

Mix 4 eggs and 4 tablespoons milk in a bowl with a pinch of cinnamon. Mix well.

Cut 6 to 8 thick toast slices of bread - these can then be cut into halves or triangles if you wish.

Heat a little margarine in a non-stick fry pan over a medium heat.

Dip bread one piece at a time into the egg and milk mixture. Coat both sides well.

Put coated bread into fry pan and cook for 2 to 3 minutes on each side - or until golden. You should be able to cook 2 - 4 pieces at a time depending on the size of your pan.

Repeat with remaining slices of bread (add a little more of the margarine if needed between batches).

Serve warm with fresh or tinned fruit and a spoon of yoghurt, or with sliced banana and runny honey.

For a special treat, serve with sliced banana and lean bacon.

Classic Scrambled Eggs

Serves 2

Preparation Time: 2 minutes

Cooking Time: 3 minutes

Ingredients

4 Eggs

1/2 cup milk

Pinch salt

Pinch freshly ground black pepper

1 tablespoon butter

Method

Beat the eggs, milk, salt and pepper together in a bowl. Melt the butter in a frypan. Pour in the egg mixture. Cook over a low heat. Lift and turn the mixture with a spoon, keeping it in large soft masses. When set, serve on hot toast and garnish with chopped fresh parsley or herbs, to your taste.

Recipe Variations:

Arrange 200g of smoked salmon pieces on top of the scrambled eggs as the mixture begins to set.

Alternatively, sprinkle 2 tablespoons of roughly chopped, roasted pinenuts over the scrambled eggs as the mixture begins to set.

40 Second Omelette

Serves 1

Prep Time: 60 Seconds

Cook Time: 40 Seconds

Ingredients

2 x Grade 7 eggs

2 Tablespoons of water

Salt and pepper

1 Tablespoon of butter or margarine

¼ - ½ cup filling (see below)

Method

Beat eggs and water together until blended, adding salt and pepper to taste.

In a 26cm non-stick pan, heat butter or margarine until it sizzles - but not burnt.

Pour in egg mixture.

With an inverted spatula, pull the cooked portions of egg from the perimeter of the pan to the centre so any uncooked egg can run into the cleared hot pan surface, tilting the pan and moving it as necessary to keep the egg shaped round on the bottom of the pan as you go. A bit like digging a hole, and then tipping the pan to fill it with the runny egg mixture. Do this until the egg is set and will not flow, but is still wet on top (should take about 20 seconds). Don't cook it until it's dry! The moist egg will finish cooking when the omelette is folded over.

Sprinkle all of the filling on the left side of the egg (left handed people fill the right side). Slide the spatula all the way under the unfilled side of the omelette up to the centre of it. Fold the unfilled side entirely over the filled side. Set aside spatula.

Holding the pan in your right hand and a plate in your left hand, invert the pan so the omelette falls upside down onto the plate (left handed people use opposite hands).

Garnish to serve.

Best Ever Bacon & Egg Pie

Serves 4-6

Cook Time: 35 - 40 minutes

Prep Time: 8 - 10 minutes

Ingredients

8 Eggs

½ cup bacon, chopped

1 spring onion, chopped
1 egg yolk beaten with a tablespoon of water
Salt and pepper to taste
400g block (or sheets) of store bought puff pastry

Method

Bacon & Egg Pie is an easy to make, real kiwi classic. Great for lunches, brunches, dinner or a picnic.

A 20.5 x 20.5cm cake pan, or a round 23cm metal pie dish is ideal.

Preheat oven to 200°C. Roll out two thirds of the pastry on a floured bench to line a shallow greased 23cm pie tin. Scatter over spring onion and half of the bacon, break in the eggs and season, then scatter on the remaining bacon.

Roll out the remaining pastry to make a lid. Crimp the pastry edges together with your fingers and trim off any excess. Use the trimmings to decorate the pie if you wish (attach these with a dab of egg wash).

Cut four small vents in the pastry lid with a sharp knife. Brush with beaten egg mix and bake 35 - 40 minutes until rich golden brown and crispy. Serve warm - or cold.

Hash Brown Potato Cake with Capsicum & Corn

Serves 4

Cook Time: 10 minutes

Prep Time: 8 - 10 minutes

Ingredients

6 eggs
1/4 cup milk
400g frozen hash browns, partially defrosted
1/2 red onion, chopped
1/2 red capsicum, chopped
1 x 400g can sweet corn kernels, drained
100g ham pieces
Salt and pepper

Method

This easy weeknight meal is sure to be a winner with the kids. It's quick to make and you can vary the ingredients according to whatever you have to hand.

Preheat the grill to 180°C.

Break hash browns into pieces and place in a medium non-stick frying pan. Cook until the pieces are turning golden brown on both sides. While they are cooking chop and add the onion, capsicum, ham

and corn. Continue cooking until the vegetables are turning light golden. Don't worry if the hash browns break up a bit.

Whisk together the eggs, milk, salt and pepper. Pour egg mixture into the pan and cook gently, tilting the pan so the uncooked egg runs to the edges.

When the egg is set around the edges and beginning to firm in the middle, place the pan under the grill to finish cooking. The potato cake should be firm and golden brown when cooked.

Serve with a crisp salad and your favourite red sauce - tomato, barbecue or chilli.