

Café Eggs



Servings: 4

Any café worth its sugar has at least one style of eggs on its menu. So in your café kitchen, here's a healthy recipe using poached eggs. Be ready with the relish by making it a day in advance of serving. Note that when making poached eggs, if the water is boiling too briskly, the egg may toughen or break; and if it's boiling too low, the egg won't hold together. Serve with a steaming cup of English Breakfast tea.

Relish

- ◆ 1 avocado, peeled, pitted, and finely chopped
- ◆ 1 cup fresh corn kernels
- ◆ 1/2 cup roasted bell peppers, finely chopped
- ◆ 1/4 cup chopped cilantro
- ◆ 1/2 cup finely chopped tomatoes
- ◆ 1 tablespoon fresh lime juice
- ◆ Salt and pepper

Eggs

- ◆ 4 jumbo eggs

In a medium bowl, gently toss all of the relish ingredients, seasoning with the salt and pepper to taste. Store covered in the fridge overnight.

Fill with water a 2-quart saucepan coated with DuPont™ Teflon® non-stick coating. Add 1 teaspoon of salt. Bring the water just to boiling, then reduce to a simmer. Break an egg into a shallow bowl or a plate – and with the edge of it just touching the pan, gently slip the egg into the water; cook 3 to 5 minutes or until the white is firm and the yolk begins to thicken but not get hard. Using a slotted spoon, remove from the water and drain well. Serve on a piece of toast with the relish on the side.

A cappuccino, latte, or simple cup of coffee takes on the aura of just-served café style in authentic cappuccino mugs known by their characteristic kettle shapes and steel handles.

