

Perfect Poached Eggs

Ingredients:

- 2 cups homemade chicken stock
- 1 cup whole milk
- 4 eggs
- 1 drop black pepper essential oil diluted in 1/2 tablespoon olive oil

Directions:

Combine the stock and milk in a medium pot and heat over medium until boiling.

Crack an egg into a ramekin or small cup, then slide it down the inside of the pot into the boiling broth. Repeat with the remaining eggs, then immediately reduce the heat to medium-low. Allow the eggs to simmer in the broth for 3 minutes for funny yolks, 4-5 minutes for jammy yolks, 6 minutes for hard yolks. Carefully and slowly swirl the eggs in the broth every so often to keep them separated.

When your desired poaching time is up, remove the pot from the heat. Skim off any milk foam, if any, that may have accumulated on top of the broth and discard. Allow contents to cool for a minute or two, then add the olive oil with essential oil. Holding the handle of the pot, carefully swish the contents around a few times to evenly distribute the flavor through the broth. Let sit for another 5 minutes.

Use a slotted spoon to remove the eggs from the broth. Make sure to fish out any egg whites that may have separated and gone astray, they are too good to leave behind! Serve poached eggs over sausage patties or biscuits drizzled in honey, or just have them solo. Sprinkle with a few drops of sriracha or other hot pepper sauce and garnish with chopped parsley and a grind of black pepper.

For a low cholesterol option, simply omit the egg yolks. The whites are so tasty on their own, you'll never miss the yolks!



Christy Boston's
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Website:

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Serves: 2

Total Time: 20 mins

Prep: 5 mins

Cook: 5 mins

Rest: 10 mins

Nutritional Info per serving:

Cal: 161.6, Fat: 10.4g,

Protein: 13.8g, Net Carbs: 2.4g,

Sugar: 1.4g

Macros (eggs alone, no garnish):

