

Poached Egg & Potato Hash

Swick

Serves 1 | Active Time: 20 minutes | Total Time: 25 minutes

Chef's Notes

If you like this breakfast and like the eggs with salad, try the Salad Lyonnaise recipe on Rouxbe. It's one of my favorite salads.

Also, please feel free to omit the potato hash in favor of sliced avocados and tomatoes for a healthier option.

Step 1: Making the Potato Hash

- 12 small new potatoes
- 1/2 of a small onion
- salt & pepper to taste
- 2 tbsp butter or olive oil

First place the water on for poaching the eggs.

Finely dice the new potatoes and onions (keep separate). Then add the butter to a medium high frying pan. Next add the potatoes making sure the pan is hot before adding. Give the potatoes a quick shake in the pan and then leave them untouched for about 2 to 3 minutes until they start to color on the bottom.

Flip the potatoes with a spatula and add the chopped onions at this point, along with the salt and pepper. Continue to cook until done to your liking. Don't mix too much as you want them to get a bit crispy. Keep warm.

Step 2: Preparing the Salad Garnish

- 1/4 head of iceberg (head) lettuce
- 2 tbsp of chopped fresh cilantro
- 2 tbsp olive oil
- freshly cracked black pepper to taste

Chiffonade the iceberg lettuce and add to a bowl. Add the roughly chopped cilantro, cracked pepper, salt and olive oil. Toss lightly.

Note: don't do this too far in advance of the eggs being ready to serve.

Step 3: Poaching the Eggs and Serving

- 4 eggs (1 per person, more if desired)
- 1/4 cup of white vinegar (for poaching liquid)
- salt and pepper (for poached eggs)
- 1 whole ripe avocado (side garnish, optional)

Heat a shallow pan with water and bring to a low boil. Add the vinegar and salt to the water, then crack each egg carefully and place into the water. Cook until the whites are fully cooked.

Remove with a slotted spoon. Place on a paper towel to drain off any excess water, then plate as shown with couple of avocado slices (or tomato).