

Sunny Side Up Eggs on Toast

Serves 4

8 large eggs

¼ pound (1/2 stick) unsalted butter

Multigrain toast, for serving

1. Clarify the butter: Heat the unsalted butter in a heavy-duty saucepan over very low heat, until it's melted. Let simmer gently until the foam rises to the top of the melted butter. The butter may splatter a bit, so be careful.
2. Once the butter stops spluttering, and no more foam seems to be rising to the surface, remove from heat and skim off the foam with a spoon.
3. Line a mesh strainer with a few layers of cheesecloth or gauze, and set the strainer over a heatproof container. Carefully pour the warm butter through the cheesecloth-lined strainer into the container, leaving behind any solids from the bottom of the pan.
4. Prepare the eggs: Use a high quality non stick pan that is 6 inches in diameter. Heat the pan over a medium low flame for 30 seconds. Add 1 tablespoon of clarified butter to the pan. Plan on cooking two eggs at a time, which is one serving.
5. Crack the eggs against a hard flat surface (not on the rim of a bowl or a pan) and release the eggs one at a time into the pan. There should be very little action or sizzle in the pan as the eggs cook.
6. Over the course of about 5 minutes, the white of the eggs will slowly transform from transparent and loose to a firm yet tender texture and an opaque white color. Since the white sets or congeals at a lower temperature than the yolk, the yolk should still be runny once the white is completely set.
7. Serve immediately on slices of freshly toasted bread.

Recipe courtesy of L'Academie de Cuisine Chef Brian Patterson

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