

## 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*

*For more recipes and information about Food Fridays visit: <http://bit.ly/foodfridays>*



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