

LES OEUFS

HOW TO COOK EGGS

Les œufs au plat Sunny-side-up eggs

Ingredients for 8 servings

Extra fresh eggs or fresh eggs : 16 pieces

Butter: 0,070 kg

Fine salt: to taste

White pepper: to taste

Whites coagulate at 62°C and Yolks at 68°C.

Safety instructions

- Wash hands before and after breaking the eggs or use disposable gloves.
- Use thoroughly clean equipment.
- Break the eggs in a container different from the one which will be used for mixing the eggs (a ramekin for instance), so as to check the freshness of each egg.
- Throw out any suspect eggs: unusual smell or colour.
- Break the eggs down flat and not on the side of the container where they'll be mixed together.
- Break the eggs as long as they're needed.

Utensils

A brush

Video

How to make sunny-side-up eggs.

You'll need egg plates, salt, white pepper, softened butter, a brush, eggs and a bowl (a ramekin) to check the eggs' freshness.

- Generously baste (coat) the bottom of the plate with butter to avoid the eggs from sticking;
- Season the bottom of the plate never the eggs as not to spoil the presentation of the dish;
- Break each egg flat on the countertop,
- Open the egg gently,
- Check its freshness then pour onto the plate,
- Place the egg plates on a hot iron plate and check the cooking,
- Don't hesitate to turn the plate from time to time to get more evenness in cooking,
- Check that the iron plate is not too hot,
- Cooking time is up when the egg white is still a bit milky and the yolk raw but hot,
- At this point remove the eggs from the heat and place them on the serving plate.