

Shirred Eggs

At Stonehurst Place we cook with Organic ingredients whenever possible.

- 8 large eggs
- sea salt and white pepper, to taste
- 4 tablespoons heavy cream
- unsalted butter, as needed
- 1 tablespoon chopped parsley, to garnish

Method

1. Preheat oven to 325° F. For each serving, lightly butter an individual oven-proof baking dish or ramekin. I put the ramekins into the preheated oven for about 5 minutes as I find this makes the whites set a bit faster without changing the overall result.
2. Break one or two eggs into each dish, season with salt and white pepper, spoon 1 tablespoon milk or cream over eggs. This liquid over the eggs can help prevent drying out. I also add a thin sliver of real butter between the yolks.
3. Bake in preheated oven approximately 12 to 14 minutes, depending on number of servings being baked. Check the eggs after about 10 minutes baking time. When done, the whites should be completely set and the yolks beginning to thicken but not hard.
4. Garnish with chopped parsley and serve immediately.

Notes



In France baked eggs are referred to as "oeufs en cocotte" which means "eggs baked in ramekins". The end result is a firm white but yolks should be soft and a little "runny". This is a very easy way to cook eggs for individual servings or for a larger group.



Servings/Yield

4 servings

Difficulty



Categories

Egg Dishes

NUTRITION FACTS

Servings: 4

Amount Per Serving

Calories: 195

Total Fat: 13.96g

Cholesterol: 392mg

Sodium: 148mg

Total Carbs: 1.20g

Dietary Fiber: 0.03g

Sugars: 0.39g

Protein: 12.90g