

Poached eggs with avocado and smoked salmon

Henri

Serves: 2

- 2 large eggs
- Smoked salmon
- 1 ripe avocado
- Kosher salt and freshly ground white or black pepper
- Toasted English muffins or any bread of choice
- Fresh dill or parsley for decoration



Photography Henri T. de Hahn

1. Preheat plates
2. Boil the water and lower when boiled to a low roll
3. Crack eggs in small recipient that will allow the eggs to be set in the hot water
4. Toast bread lightly
5. Remove center seed/pit of avocado and either slice the avocado or mix it to have small chunks
6. Poach the eggs by gently swirling the water before setting the egg in the water. Cook between 2 minutes and 3 minutes –recommended 2 ½ minutes
7. Remove delicately and dry with a towel and set over toast which has been covered with avocado and a couple of salmon slices
8. Sprinkle with dill or parsley
9. Salt and pepper to taste