

Poached eggs with spinach and prosciutto

Henri

Serves: 2

- 2 large eggs
- 10-12 fresh spinach leaves (do not cook them)
- 1 ripe avocado
- 4 slices of bacon
- 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 gentle roll
3. Crack eggs in small recipient that will allow the eggs to be set in the hot water
4. Toast bread
5. Cook bacon on in pan or in oven. Keep warm
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 spinach, avocado and bacon
8. Sprinkle with dill or parsley
9. Salt and pepper to taste