

Cloud Eggs

Here is a recipe that might be fun to try at home. It's quick and easy to make.

At my house we love a good baked egg recipe, but cloud eggs are certainly a favourite. Think fluffy clouds of deliciousness topped with a runny yolk. They are so fun to make and everyone will think they look as good as they taste.

SERVES:4

INGREDIENTS

4 Large eggs

50g approx. Freshly grated Parmesan

Deli ham, chopped

Salt

Freshly ground black pepper

Freshly chopped chives, for garnish



DIRECTIONS

1. Preheat oven to 230° and cover an oven dish or tray with baking paper. Separate egg whites and yolks, placing egg whites in a large bowl and yolks (don't mix or break them, you'll need these later) in a small bowl. Using a whisk or hand mixer, beat the egg whites until you get stiff peaks, this will take around 3 minutes or so and a lot of muscle. Gently fold in the Parmesan, ham and season with salt and pepper.
2. Spoon 4 mounds of egg whites onto prepared baking sheet and indent centres to form nests. Bake until lightly golden for about 3 minutes.
3. Carefully spoon an egg yolk into centre of each nest and season with salt and pepper. Bake until yolks are just set, for around 3 minutes more.
4. Garnish with chives before serving on thick crusty bread or with some toasted soldiers.

The easiest way to SEPARATE EGGS is by simply cracking the egg and separating the yolk back and forth, but you can try the water bottle hack: Crack an egg into a bowl and use an empty plastic bottle to suction the yolk inside. (It's crazy how well it works.)