

## **Creamed spinach with baked egg - a recipe by Hans Haas**



Baked eggs are quick and easy to make. This is something special with which you can surprise and delight your guests.

### **Ingredients for 4 portions:**

3 small shallots, finely diced



2 tbsp maize germ oil (or alternatively rapeseed oil)

¼ l [tomato essence](#)

½ garlic clove, pressed

Salt, freshly ground white pepper

Freshly ground nutmeg

400 ml cream

300 g, spinach, weighed after cleaning and removal of excess leafage

2 l water

100 ml vinegar

6 very fresh eggs  
Salt, freshly ground white pepper  
Approx. ½ tbsp of whipped cream  
Flour and breadcrumbs to make the breadcrumb coating  
Oil for frying

**Tips from Hans Haas::**

- This recipe can also be prepared for one or two persons by reducing the quantities accordingly.
- Make sure that you don't poach the eggs for too long – the yolks should remain soft.
- To save some time you can also poach the eggs in the morning, cover them with a damp cloth and store them in the fridge, then coat them in breadcrumbs and bake them later in the evening shortly before serving.

**Preparation (c. 45 minutes):**



Firstly fry one finely-diced shallot in a tablespoon of maize germ oil until it becomes translucent. Then add the tomato essence and allow the sauce to reduce a little.



Add the pressed garlic and season with salt, pepper and nutmeg. Next add the cream and allow the sauce to reduce some more again so that its starts to become a little bit thicker.



Take a pan and fry the rest of the finely-diced shallots in a tablespoon of maize germ oil until they become translucent. Now add and sauté the spinach and then season to taste with salt, pepper and nutmeg. Then add the spinach to the cream sauce and purée it with a hand blender

until you get a fine blend. Bring the spinach to a vigorous boil and then season to taste.



Now to make the baked eggs: First bring water with vinegar to the boil in a wide saucepan. Beat four eggs in four individual cups – that is one egg per cup. Now use a wooden spoon to stir the boiling vinegar and water in one spot so that it forms a small vortex. Pour one egg into this vortex and poach the egg for about two minutes. Whilst this egg is cooking begin creating the next vortex and start poaching the next egg in the same way until all of the eggs are poached. The egg white should be firm but the yolk should be soft still. Remove each egg from the hot water as soon as it is ready – at the staggered intervals – and rinse in cold water. Dab each egg until really dry and then season to taste with salt and pepper.



To make the breadcrumb coating beat the final two eggs in a bowl with a fork and add the whipped cream. Prepare two other bowls – one with flour and the other with breadcrumbs. Now take the poached eggs and cover them in the flour first, then in the egg and then finally in the breadcrumbs. Carefully press the breadcrumb coating and fry the eggs quickly in hot oil – at 175 degrees – until they turn golden brown. This should be done quickly so that the egg yolks remain soft.



Finally use kitchen roll to remove any excess oil from the eggs and serve the eggs on top of the creamed spinach.

Bon appetit!

