

Huevos Ahogados

Eggs gently poached in a smoky charred tomato and chile sauce, Mexico's cosiest breakfast.

SERVES

2

PREP

15 min

COOK

30 min

LEVEL

Easy

PER SERVING

460 kcal, 21 g protein

Ingredients

4 large (about 200 g) eggs

4 medium (400 g) ripe tomatoes

1 small (80 g), halved onion

3 cloves (10 g), unpeeled garlic

6 to 8 (10 g), stems and seeds removed dried whole red chilies

1 tbsp (15 ml) cooking oil

1/4 tsp (1 g) dried oregano

to taste salt

a small handful (10 g), chopped fresh coriander leaves

40 g, crumbled queso fresco or feta cheese

4 slices (100 g), warmed crusty bread

Method

- 1 Toast the chilies in a dry pan over medium heat, 20 to 30 seconds a side, until fragrant and pliable. Transfer to a bowl, cover with 1 cup hot water and soak 10 minutes; start step 2 straight away.
- 2 On the same dry pan over high heat, char the tomatoes, halved onion and garlic cloves, turning often, until blackened in spots and soft, about 8 minutes (the chilies are still soaking).
- 3 Drain the chilies. Peel the charred garlic and discard the skins, then blend it with the chilies, charred tomatoes, onion, 1/2 cup fresh water, 1/4 tsp oregano and 1/2 tsp salt until smooth.
- 4 Heat the oil in the same pan, now wiped out, over medium heat. Pour in the sauce and simmer uncovered, stirring, until slightly thickened, 8 to 10 minutes. Taste and adjust salt.
- 5 While the sauce simmers, warm the bread slices in the oven at 180C for 3 to 4 minutes, then set aside for serving.
- 6 Crack the eggs directly into the simmering sauce, spaced apart, and spoon a little sauce over each yolk. Cover and cook until the whites are fully set but the yolks still jiggle, 5 to 7 minutes.
- 7 Scatter with chopped coriander and crumbled queso fresco. Serve straight from the pan with the warm bread for scooping up the sauce.

CHEF TIP

Don't skip charring the tomatoes and onion; the blackened bits give the sauce its deep, smoky flavour instead of a flat cooked tomato taste.

WHY A GOOD EGG SHOWS HERE

A rich, deep golden Fresh Yolk yolk stays glossy and jammy under the gentle simmer, so it breaks into the smoky sauce instead of turning chalky and pale.



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