

Açorda de Ovos

Garlic-scented broth, silky poached eggs and bread that drinks it all in.

SERVES

2

PREP

10 min

COOK

15 min

LEVEL

Easy

PER SERVING

460 kcal, 19 g protein

Ingredients

4 large (about 200 g) eggs

160 g (about 4 slices), torn into chunks stale crusty bread

4 cloves, thinly sliced garlic

2 tbsp (30 ml) olive oil

1 small bunch (25 g), roughly chopped fresh coriander

720 ml (about 3 cups) water

to taste salt

1/4 tsp, freshly ground black pepper

Method

- 1 Pour the water into a medium saucepan and bring to a boil over high heat. Meanwhile, divide the torn bread chunks between two deep bowls.
- 2 Set a small frying pan over medium heat. Add the olive oil and garlic. Cook, stirring, until pale gold at the edges, about 2 minutes, then slide the pan off the heat.
- 3 Pour the garlic and oil into the boiling water. Stir in half the coriander. Season with salt and pepper. Reduce heat to low and simmer 2 minutes.
- 4 Crack each egg into a small cup. Slide all four into the broth one after another quickly. Poach 3 to 4 minutes from the first egg in, until whites are set and yolks wobble.
- 5 Stir most of the remaining coriander into the broth. Ladle the hot broth generously over the bread in each bowl and let it absorb for 30 seconds.
- 6 Use a slotted spoon to lift two poached eggs from the broth and lay them on each bowl.
- 7 Scatter the last of the coriander over each bowl and serve at once, before the bread softens completely.

CHEF TIP

Day-old bread is essential. Fresh bread turns gluey the moment broth hits it. Stale bread soaks evenly and holds its shape under the eggs.

WHY A GOOD EGG SHOWS HERE

A fresh yolk holds its shape under the broth long enough to give you that amber pool when you break it. That moment changes the whole bowl.



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