

Açorda Alentejana

Garlicky coriander bread soup crowned with soft poached eggs.

SERVES

2

PREP

10 min

COOK

15 min

LEVEL

Medium

PER SERVING

475 kcal, 17 g protein

Ingredients

4 large (about 200 g) eggs

4 slices (100 g), stale, torn into pieces crusty bread

5 cloves (15 g), peeled garlic

1 1/3 cups (20 g), chopped, divided fresh coriander leaves

3 tbsp (42 g), divided olive oil

5 cups (1.2 L) water

to taste salt and black pepper

Method

- 1 In a small bowl, mash the garlic with a pinch of salt and half the coriander using the back of a spoon (a mortar and pestle works too) until you get a rough green paste; stir in 1 tbsp of the olive oil.
- 2 Bring the water to a boil in your saucepan, season with salt and pepper, then lower the heat until it barely bubbles.
- 3 Crack each egg into a cup and slide it into the water one at a time, leaving space between them; poach 3 minutes until the whites are fully set but the yolks are still soft.
- 4 Lift the eggs out with a slotted spoon onto a plate and keep the water in the saucepan; skim off any wispy egg-white strands from the water with the spoon and discard them.
- 5 Off the heat, stir the garlic paste into the hot water until it dissolves into a fragrant broth; taste and adjust the salt.
- 6 Divide the bread between two bowls and ladle the hot broth over it; let it stand 2 minutes until the bread softens but still holds its shape.
- 7 Top each bowl with 2 poached eggs, drizzle with the remaining olive oil, and scatter the rest of the coriander over the top. Serve at once while hot.

CHEF TIP

Use bread that is genuinely stale; fresh bread turns to mush, while day old crusty bread soaks up broth without falling apart.

WHY A GOOD EGG SHOWS HERE

The poached egg is the whole point: broken open, the runny yolk turns the garlicky broth into a silky, golden sauce.



ORDER ON WHATSAPP

0312 4444925**freshyolk.com**