

# Oeufs en Cocotte

Classic French bistro eggs, silky whites and a molten yolk.

SERVES

**2**

PREP

**10 min**

COOK

**12 min**

LEVEL

**Easy**

PER SERVING

**330 kcal, 17 g protein**

## Ingredients

**4 large (about 200 g)** eggs

**4 tbsp (60 ml)** heavy cream

**2 tsp (10 g), softened** unsalted butter

**3 tbsp (12 g), finely chopped, divided** fresh parsley

**2 tbsp (8 g), finely sliced** chives or spring onion greens

**3 tbsp (25 g), finely grated** mild hard cheese

**4 slices, lightly toasted** crusty bread, for serving

**a few grinds** black pepper

**to taste** salt

## Method

- 1 Preheat oven to 180°C and boil a kettle. Toast the bread while the oven heats. Generously butter the insides of two 150-175 ml ramekins, covering the bottom and sides completely.
- 2 Pour 1 tbsp cream into the base of each ramekin. Crack 2 eggs gently into each, keeping the yolks whole. Pour 1 more tbsp cream around the eggs. Season with salt and pepper.
- 3 Scatter half the parsley over the eggs. Top each ramekin evenly with the grated cheese.
- 4 Set the ramekins in a deep baking dish on a stable surface. Pour just-boiled water in until halfway up the ramekin sides. Carefully slide the dish into the oven.
- 5 Bake at 180°C for 10 to 12 minutes. The whites should be fully set; only the yolk at the centre should wobble when you gently nudge the dish.
- 6 Lift the ramekins out with a folded cloth, staying clear of the still-hot water in the dish. Scatter remaining parsley and all the chives over each. Serve immediately with toast.

### CHEF TIP

Pull them one minute early. Residual heat in the ramekin keeps cooking after the oven, and a runny yolk firms up fast once it leaves the water bath.

### WHY A GOOD EGG SHOWS HERE

A deeply golden, intact yolk is the entire point of this dish. Fresh Yolk eggs hold a firm yolk that settles into the warm cream and stays brilliant the moment you break the surface.



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