

Parmesan Asparagus with Soft Poached Egg & Toast

Serves 4:

Ingredients

1 1/2 pounds asparagus
kosher salt
Parmesan cheese
olive oil or melted butter
freshly cracked black pepper
white wine or distilled vinegar
4 extra large eggs
rustic or sourdough bread
garlic clove

Preparation

Set a saucepan of water to boil.

Trim asparagus by snapping off woody ends.

Add a pinch of kosher salt to boiling water, then drop in asparagus to blanch for 3 to 4 minutes.

Remove with a slotted spoon, rinse with cold water to shock, and lay out on paper towels to drain.

Preheat broiler.

Freshly grate 1 cup of parmesan cheese.

Lay asparagus on baking sheet, brush lightly with olive oil or melted butter.

Season with kosher salt and freshly cracked black pepper; cover with grated parmesan.

Place on top rack in oven and broil for 2 to 3 minutes, until cheese is golden and bubbly.

Reheat asparagus water and add 1 tablespoon white wine or distilled vinegar.

When water is simmering, slowly add each of 4 eggs to the pan, swirling them into water as they go.

Let eggs poach for about 3 minutes--the whites will be set but the yolks will still be runny.

Remove from the pan with a slotted spoon and blot dry on paper towels.

Thinly slice a fresh rustic or sourdough bread and toast until golden brown.

Cut a garlic clove in half--as soon as toast is done, rub bread with cut side of garlic.

Serve the asparagus topped with a lightly seasoned poached egg, toast on the side.

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