

Confit Egg Yolks



Easy

1 person

★★★★★
5 Rating

These rich confit egg yolks are a simple way to elevate your morning toast. They're irresistibly silky and perfect for spreading over crunchy sourdough. Finish with Parmesan and fresh chives for a café-worthy breakfast at home.

Don't throw away the egg whites! Save them for another recipe, like our zero carb, high protein garlic bread.

- Quick & Easy
- Dinner Recipes
- Breakfast Recipes
- Lunch Recipes
- Vegetarian



Published 4 September 2026

Ingredients

Number of servings

-

1

+

The original recipe is for 1 serving.

Adjusting the number of serves may require changes to cooking times and ingredient proportions.

- ☐ 2 egg yolks
- ☐ 300 ml olive oil
- ☐ 1 garlic clove, peeled

- ☐ 1 thyme sprig
- ☐ 1 Tbsp chives, chopped
- ☐ 1 Tbsp Parmesan cheese, grated
- ☐ 1 sourdough slice
- ☐ Salt and pepper to taste

Method

1. Preheat the oven to 90°C.
2. Add olive oil to a small ramekin or cocotte. Carefully add the egg yolks, garlic clove and thyme sprig.
3. Place the dish in the oven and cook for 20 minutes.
4. Toast your sourdough slice, then spread the confit egg yolks on top.
5. Finish by seasoning the yolks with salt and pepper, then top with chives and Parmesan cheese.

Nutrition Per Serve

