

French Eggs - Oeufs en Cocotte



Preparation time: 20 mins

Serves: 4 people

User Rating: ★★★★★

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Categories: Dinner Recipes, Lunch Recipes



Ingredients

- 4 eggs
- 15g butter, melted
- 6 tablespoons cream (whipping)
- 4 mushrooms, sliced
- 40g sliced ham
- 40g grated gruyere cheese
- 1 tablespoon finely chopped herbs (e.g. chervil, parsley or chives)

Method

1. Preheat the oven to 200°C and put a baking tray on the top shelf. Grease four ramekins with butter.
2. Pour 3 tablespoons of cream into the ramekins and then divide mushrooms, ham and cheese among the four ramekins.

3. Break an egg into each ramekin. Mix 3 tablespoons of cream with finely chopped herbs and pour over the top. Bake on the hot baking tray for 15–20 minutes, depending on how runny you like your eggs.
4. Remove from the oven while still a little runny as the eggs will continue to cook. Season well and serve immediately with crusty toasted bread.

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
141g	1090kj 261kcal	13.3g	22.5g	12.5g	1.3g	1.2g	250mg	0.7g

All nutrition values are per serve.