

Fried Soft Boiled Egg



Ingredients:

- 4 eggs
- 2 tablespoons flour
- 1 beaten egg
- ½ cup Italian breadcrumbs
- salt and pepper
- canola oil for frying

Method:

1. Soft boil eggs, then remove and place in a bowl of ice water. Let the eggs completely cool in the ice water, which should take about 10 or 15 minutes.
2. When cooled, peel the eggs by gently. It's easiest to peel the horizontal middle of the eggs first and then remove the rest of the shell. If the shell is difficult to remove, gently slide a spoon between the shell and the egg, dislodging the shell.
3. Heat 2 cups of vegetable oil in a small saucepan.
4. While that heats, place the flour, the beaten egg, and the breadcrumb in 3 separate bowls.
5. Mix a little salt and pepper into the breadcrumbs.
6. Dredge each soft-boiled egg in the flour, then coat with the egg and then finally with the breadcrumbs.
7. Then re-dredge the egg in the yolk and a second time into the breadcrumbs for a nice thick coating.
8. Drop a bit of breadcrumbs into the oil and if it sizzles quickly, the oil is ready. Using a small stainless steel wire strainer (also called an Asian skimmer or spider strainer), gently place one egg at a time in the hot oil.
9. Gently turn the egg with the strainer to brown on all sides. This should only take no more than 30 seconds.
10. Remove the egg to a paper towel and continue with the rest of the eggs.
11. Serve on top of buttered toast, or by themselves.