



Deep-Fried Poached Eggs with Creamed Spinach and Serrano Ham

READY IN



60 min.

SERVINGS



4

CALORIES



1261 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 1.5 cups coarse bread crumbs fresh white firm (from bread)
- ☐ 1 large eggs with 0 teaspoon water lightly beaten
- ☐ 0.5 cup flour all-purpose
- ☐ 1 cup heavy cream
- ☐ 0.1 teaspoon nutmeg freshly grated
- ☐ 4 large poached eggs
- ☐ 1 teaspoon salt

- ☐ 3 oz serrano ham thinly sliced
- ☐ 2 tablespoons shallots finely chopped
- ☐ 10 oz pkt spinach frozen dry thawed chopped
- ☐ 1 tablespoon butter unsalted
- ☐ 7 cups vegetable oil

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ whisk
- ☐ kitchen thermometer
- ☐ slotted spoon

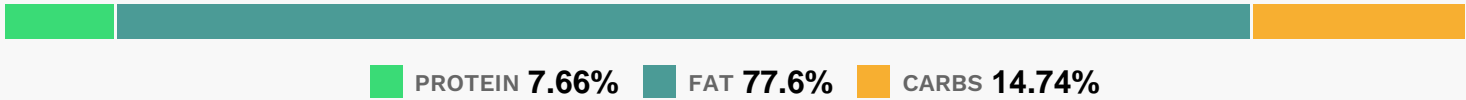
Directions

- ☐ Whisk together cream and 2 teaspoons flour in a small bowl until just combined.
- ☐ Cook shallot in butter in a 9- to 10-inch heavy skillet over moderately low heat, stirring occasionally, until shallot is softened, about 3 minutes.
- ☐ Add spinach, nutmeg, 1/2 teaspoon salt, and 1/4 teaspoon pepper and cook, stirring constantly, until excess liquid is evaporated, about 2 minutes. Stir cream mixture, then add to spinach and cook, stirring occasionally, until cream is slightly thickened, about 2 minutes.
- ☐ Remove from heat.
- ☐ Stir together bread crumbs, 1/4 teaspoon salt, and 1/8 teaspoon pepper in a shallow bowl.
- ☐ Spread remaining 1/2 cup flour on a plate and set aside for dredging.
- ☐ Gently blot any water from top of poached eggs with paper towels, then sprinkle with remaining 1/4 teaspoon salt and 1/8 teaspoon pepper.
- ☐ Carefully dredge 1 poached egg in flour, dusting off excess.
- ☐ Transfer to beaten egg, spooning to coat completely, then transfer with a slotted spoon to bread crumbs, letting excess egg drip off. Coat with crumbs and transfer to a plate. Repeat

with remaining poached eggs, 1 at a time.

- ☐ Cut sliced ham crosswise into 1/4-inch-wide strips.
- ☐ Heat 1 1/2 inches oil in a 3- to 4-quart heavy saucepan (about 1 1/2 inches deep) over high heat until deep-fat thermometer registers 375°F. Fry ham in oil, stirring occasionally with a clean slotted spoon to separate strips, until crisp, 15 to 20 seconds.
- ☐ Transfer ham to paper towels to drain.
- ☐ Return frying oil to 375°F.
- ☐ Lower 2 eggs (1 at a time on slotted spoon) into hot oil and fry until golden brown, 15 to 20 seconds.
- ☐ Transfer fried eggs to paper towels to drain. Repeat with remaining 2 eggs.
- ☐ Reheat spinach over low heat, stirring constantly and adding more cream or water to loosen mixture if necessary, about 1 minute.
- ☐ Divide creamed spinach among 4 plates, then top with poached eggs and ham.
- ☐ The eggs in this recipe will not be fully cooked, which may be of concern if salmonella is a problem in your area.

Nutrition Facts



Properties

Glycemic Index:51.75, Glycemic Load:8.87, Inflammation Score:-10, Nutrition Score:31.989565082218%

Nutrients (% of daily need)

Calories: 1260.85kcal (63.04%), Fat: 110.37g (169.8%), Saturated Fat: 29.62g (185.12%), Carbohydrates: 47.14g (15.71%), Net Carbohydrates: 42.6g (15.49%), Sugar: 5.35g (5.95%), Cholesterol: 271.16mg (90.39%), Sodium: 1514.04mg (65.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.53g (49.05%), Vitamin K: 409.43µg (389.94%), Vitamin A: 9543.41IU (190.87%), Vitamin E: 9.49mg (63.28%), Selenium: 36.95µg (52.79%), Manganese: 1.04mg (52.11%), Folate: 196.47µg (49.12%), Vitamin B2: 0.71mg (41.6%), Vitamin B1: 0.61mg (40.83%), Iron: 5.32mg (29.54%), Phosphorus: 255.81mg (25.58%), Calcium: 239.58mg (23.96%), Magnesium: 85.9mg (21.47%), Vitamin B3: 4.05mg (20.27%), Fiber: 4.54g (18.14%), Vitamin B6: 0.29mg (14.44%), Copper: 0.28mg (14.03%), Potassium: 488.05mg (13.94%), Vitamin D: 2µg (13.36%), Vitamin B5: 1.3mg (12.96%), Zinc: 1.91mg (12.74%), Vitamin B12: 0.6µg (9.96%), Vitamin C: 4.66mg (5.64%)