

Olive Oil Poached Eggs with Asparagus

Better than poaching in water, poaching an egg in olive oil yields a perfect poached egg with smooth solid whites that don't spread and run out too far. And the olive oil (with garlic and fresh thyme) infuses a wonderful flavor to the egg.

Ingredients:

- 1 bunch asparagus, ends trimmed
- 1 cup olive oil
- 1 clove garlic, crushed
- 1 teaspoon fresh thyme leaves, minced
- 4 large eggs
- 1/4 cup of freshly shaved Pecorino cheese
- Salt and freshly ground black pepper

Directions:

For the blanched asparagus: Bring a pot of water to boil. Add the asparagus. The asparagus will almost immediately turn bright green and start to tenderize. Depending on the thickness of the asparagus, cook between 2-4 minutes in the water before removing from heat. Test a spear with a fork to ensure they are cooked al-dente (still crisp). Remove asparagus with tongs from boiling water and submerge in a large bowl with water and ice. This will serve as a speedy method to shock and prevent them from continuing to cook. Drain liquid once asparagus spears have cooled and place on paper towel to dry. Divide blanched asparagus among 4 plates.

For the olive oil poached eggs: Put the olive oil, garlic and 1/2 teaspoon thyme in a small sauté pan over low-medium heat and cook for 3-4 minutes. You want it the oil mixture hot, but not sizzling.

Crack each egg into a ramekin first, then carefully slide the eggs into the warm oil (it's best to do one at a time) and cook until the yellows are just set, about 3 minutes. As the egg cooks, sprinkle more of the fresh thyme over the egg.

Remove each egg gently with a slotted spoon and place on top of blanched asparagus. Sprinkle Pecorino cheese (if you can eat cheese) on top and season with salt and pepper.