

Southwest “Saddle ‘em Up” Eggs

Excerpted from:

“The Fraudulent Gourmet Chef’s Cookbook” ©2011

By

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Preparation time: 10 minutes Cooking time: 6-15 minutes Serves: 2-6

NOTES ABOUT: Southwest “Saddle ‘em Up” Eggs

According to those TV products advertised, you can make a dozen hard-boiled eggs without having to peel them for only about THIRTY DOLLARS worth of plastic holders! What if you could serve eggs from soft-boiled to hard-boiled without the peeling or clean-up mess for only about SIX dollars worth of cooking equipment, and I’m sure that many of you already have them! The ways you can garnish and prepare this breakfast staple, turns “plain ol’ eggs” into a palate’s delight! Your friends and family will think you’ve been slaving for hours for just a breakfast fare. I don’t want to; but I can make it look like I did, and so can you! After learning the basic preparation techniques, only your imagination will limit the flavors and presentations. And cleanup is easy! Voila’! You have once more proven your skill as a “Fraudulent Gourmet Chef”!

Here are some notes:

Make sure to follow the preparation steps in numbered order! This is important!

Use the 3” top x 1.5 inch height silicone baking cups that are very widely available. You can make soft-boiled and hard-boiled eggs at the same time by using a timer and color-coding your baking cups (See illustration 2). Adjust your cooking time as necessary to achieve the desired “done-ness” of your eggs. (See illustration 3 – Soft-boiled)

INGREDIENTS

Eggs

Non-stick cooking spray

Whatever else you like with your eggs! (Wasn't that easy?)

INSTRUCTIONS

1. Spray the inside of each silicone baking cup with the cooking spray
2. In a large skillet or pan, bring about 1 inch of water to a boil and cover with a lid
3. Crack eggs into silicone baking cups
4. After water starts to boil, shut off heat and gently place baking cups in pan
5. Replace the lid and set your burner temperature to medium-low
6. Boil for 6 minutes for soft-boiled eggs; 15 minutes for hard-boiled
7. Run a butter knife around the edges of the eggs and flip them out onto plates
8. Season, top and garnish to taste
9. Serves 1 person per 2 eggs

SERVING SUGGESTIONS

Top with any spices and garnishes as you like! Salt, pepper, cheddar (or your favorite!) cheese are commonly used. Place the eggs on top of a slice of ham, or strips of bacon. Set them on top of a bagel with cream cheese. Top them off with roasted green chiles and serve with my recipe for Chipotle and Mango Sausage Patties! (Sorry for the shameless sales-pitch...) You can slice up your hard-boiled eggs for a beautiful salad topping. I'm sure many of you can be even more creative than I, for coming up with some sensational taste and presentation delights. You have the basics, now shoot for the stars!



Illustration 2.



Illustration 3.

About “*The Fraudulent Gourmet Chef’s Cookbook*”©

“The way to a man’s heart is through his stomach.”

Let me add *this*:

“The way to a *woman’s* heart is a *man* knowing how to deliciously, expertly fill **both** of their stomachs.” (Take the hint, guys!)

Recipes from “The Fraudulent Gourmet Chef’s Cookbook” are all about preparing restaurant-quality entrées without having to:

- a. pay restaurant-quality prices
- b. pay for outrageously-priced ingredients
- c. hunt for ingredients found only in Peruvian rainforests
- d. spend hours and hours preparing and cooking complicated entrées
- e. study for years at a culinary institute

My recipes are also about avoiding high sodium, sugar and fat levels and chemically-laden ingredients. I’ve done the research for you to find nutritious and delicious ingredients to enhance both your cooking *and* dining pleasure! I’ve learned over the years that what makes the biggest difference between a “blah” (*or worse!*) entrée, and a first taste that makes you close your eyes and smile with sublime satisfaction are flavorful, healthy spices and ingredients and *timing!* Adding each ingredient at the *right time*, in the *right way* will bring into play its crucial addition to the overall flavor of your dish. You can cook superb entrées *without* having graduated from a culinary institute! I hope you and your loved ones will enjoy the ease and pleasure of cooking “*The Fraudulent Gourmet Chef*” way!

Look for other great recipes from this cookbook!

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