

12  
recipes

# One Minute Egg



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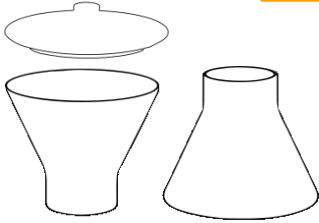
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# YOUR ONE MINUTE EGG



When used one way up, it's an egg cup. When turned over, it's a recipient for cooking & serving baked eggs.

## Guarantee

Emile Henry products are **guaranteed 10 years**. Our guarantee covers any production fault or quality problem with the product when used in a normal domestic environment and respecting the care and use instructions that you will find in this booklet.

Any variation in the finish of the item is due to the **handiwork carried out in our workshops** and does not alter in any way the culinary qualities of your One Minute Egg.

To give you more flexibility should you need to use the guarantee, register your One Minute Egg with the code 9109 on our internet site:

[www.emilehenry.com/guarantee](http://www.emilehenry.com/guarantee)



## Care & Use

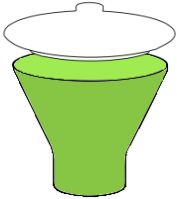
Emile Henry **ceramic** has been designed for use in **traditional or microwave ovens**. It resists **up to 280°C / 536°F**.

It can be cleaned in the **dishwasher**: it will not lose any of its advantages and its colour will not fade. If it is difficult to clean, you can leave it to soak in warm water with some detergent (or with white wine vinegar). You just need to clean it with a sponge afterwards and it will be like new!

Like all kitchenware and cookware products, leave to dry completely before storing, and your dishes will last for many years to come!

The **silicone lid** has been designed for a use in **traditional or microwave ovens** and resists up to **220°C / 428°F**. Made from Platinum silicone, it is **Bisphenol-A free**.

# FOR BEST RESULTS



## Baked egg

Just take an egg, cook it in a traditional or microwave oven with some cream and other ingredients, and it becomes a tasty and healthy dish !

### Simply add herbs & spices

To enhance the flavour very easily, **after cooking** your egg, you can add :

- Sea salt, white pepper, Espelette chili pepper
- Chopped chives, flat parsley, chervil, basil or thyme

### Vary the textures and flavours

You can add almost any filling to your baked eggs, but always follow certain rules!

Always put **the filling in the bottom and the egg on top**, to control the cooking process.

You can use just about any ingredient, **except for certain acidic ingredients** such as citrus fruit, pineapple or vinegar. Their coagulation properties will compromise the cooking process.

**Precook some fillings**, such as vegetables, fish or poultry, to avoid any excess water and to ensure that it has time to cook properly. The cooking time for an egg is very short!

### Perfect cooking

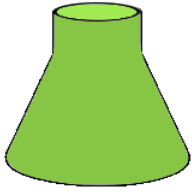
The cooking time is **very short**, around 9 minutes in a traditional oven and just around 1 minute for a baked egg in the microwave.

You know when your egg is **cooked when the white has set and the yolk is still slightly runny**.

Be careful! In the microwave:

To cook the egg:

- Always use the silicone lid
- Use the medium power of your microwave (500/550 Watts)
- Each microwave is different: **cook for 40 seconds first**, check the result and cook for another 10 seconds , then another, until the egg is cooked.
- Place **the dish on the edge** of the microwave platter (and not in the center), so that it is always moving.



# Boiled egg

It's just an egg cooked inside its shell, served with delicious crispy soldiers for dipping !

## Perfect cooking

Gently place the whole egg (at room temperature) in boiling water for 4 minutes. The cooking time starts **from the moment the water comes back to the boil.**

## Crispy soldiers

To accompany your boiled egg, you can make very simple soldiers by toasting bread for dipping. But it is very easy to create new variants !

You can also use thin slices of grilled bacon, toasted bread with melted cheese, vegetable sticks or even pancakes... You just need to make sure that your soldiers are thin and strong enough to be dipped in your egg, and crispy enough to make a nice contrast with the smooth yolk.

## Nicely presented

Use the One Minute Egg as an egg cup, **and place 3, 5 or 7 soldiers around the edge for dipping:** always make an odd number and the result will be more attractive!

Whatever the recipe, always check the cooking time in advance: eggs wait for no man and cannot be reheated, so **serve immediately!**

# Choose your eggs wisely!

## Brown or white eggs?

Whichever you prefer, there is no difference between the two.

## What type?

For boiled or baked eggs, **always choose free-range eggs.** They will taste a lot better!

The type of egg can vary according to whether the chickens have been reared outside and fed with organic food, reared outside and fed with normal food, or chickens kept inside but running free or battery farmed in cages.

## What size?

This isn't a criteria for the quality ! The size of the egg depends on its weight, which in turn depends on the age and the breed of the chicken. **The large sized eggs are the best for baked or boiled eggs,** in order to get a runny yolk.

## The laying date?

Just take 28 days off the consumption date to work it out. **An extra fresh egg** is less than 9 day old: use it for baked or boiled eggs, there's nothing better !

# Baked eggs



# Baked egg

## Crunchy Egg

- 1 large free-range egg (at room temperature)
- 1 tbsp crispy croutons (toasted bread cut into cubes)
- ½ slice ham
- 1 tsp single cream
- 1 tbsp grated gruyere or cheddar
- Salt and pepper

1. Place the croutons in the bottom of the One Minute Egg. Cut the ham into small strips and sprinkle them over the croutons.
2. Break the egg over the top and pour the cream around the edge.
3. Sprinkle the grated cheese over the surface, without covering the egg yolk.
4. Put on the silicone lid and cook in the microwave for 40 seconds at 500/550 Watts. Check the egg and cook for another 10 seconds if necessary. Repeat if the egg still is not cooked : the white must be set but the yolk still runny.
5. Remove from the microwave and season with salt and pepper.
6. Make some cheese crisps with some grated gruyere or cheddar. Put the grated cheese in 6cm/2 ¼" circle in a non-stick frying pan. Heat gently, until the crisps are cooked and crunchy. Serve with the Crunchy Egg.



Preparation time:  
3 min

Cooking time:  
1 min

Cooking:  
Microwave  
500/550 Watts  
(Medium power)



# Baked egg

## Mushroom cocotte

- 1 large free-range egg (at room temperature)
- 30 g/1 oz seasonal mushrooms (ceps, chanterelles, meadow mushrooms...)
- 1 tsp smoked lardons
- 1 tsp single cream
- 1 tbsp tomato coulis
- Salt and pepper

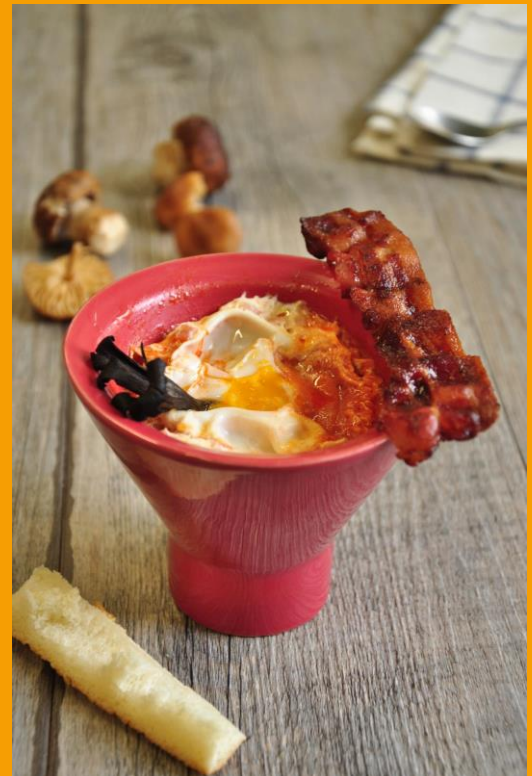
1. Wash and slice the mushrooms, then put them in the bottom of the One Minute Egg. Season well and cook without the lid for 1 minute at 700/720 Watts.
2. Pour over the tomato coulis.
3. Break the egg over the top and pour the cream around the edge.
4. Put on the silicone lid and cook for 40 seconds at 500/550 Watts. Check the egg and cook for another 10 seconds if necessary. Repeat again if the egg is not cooked : the white should be set but the yolk still runny.
5. Remove from the microwave and season with salt and pepper.
6. To serve, fry a thin slice of smoked bacon with a few mushrooms until nice and crispy, and place on the top.



Preparation time:  
5 min

Cooking time:  
1 min

Cooking:  
Microwave  
500/550 Watts  
(Medium power)





# Baked egg

## Tuna-tomato bake

- 1 large free-range egg at room temperature
- ½ small tin tuna fish in brine
- 1 tbsp tomato coulis
- 1 pinch dried thyme
- 1 tbsp grated parmesan
- Salt and pepper

1. Drain the tuna fish and put it in the bottom of the One Minute Egg. Cover with the tomato coulis.
2. Break the egg on top and sprinkle with the thyme.
3. Sprinkle the grated parmesan over the egg, avoiding the yolk.
4. Put on the silicone lid and cook for 40 seconds in the microwave at 500/550 Watts. Check the egg and cook for another 10 seconds if necessary. Repeat again if the egg is not cooked : the white should be set but the yolk still runny.
5. Remove from the microwave and season with salt and pepper.
6. To accompany your tuna-tomato bake, toast some thin slices of baguette.



Preparation time:  
3 min

Cooking time:  
1 min

Cooking:  
Microwave  
500/550 Watts  
(Medium power)



# Baked egg

## Vegetarian

- 1 large free-range egg (at room temperature)
- ½ small leek (only the white part)
- 1 button mushroom
- 1 tsp single cream
- ¼ tomato, cut into small cubes
- 1 sprig parsley
- Salt and pepper

1. Chop the leek and the mushroom and put them in the bottom of the one Minute Egg. Season, cover with the silicone lid, and cook for 2 minutes in the microwave at 700/720 Watts.
2. Break the egg on the top and pour the cream around the edge.
3. Sprinkle over the diced tomato and the chopped parsley.
4. Put on the silicone lid and cook for 40 seconds in the microwave at 500/550 Watts. Check the egg and cook for another 10 seconds if necessary. Repeat again if the egg is not cooked : the white should be set but the yolk still runny.
5. Remove from the microwave and season with salt and pepper.
6. For serving, take a small piece of leek and cut into very thin strips, which you place delicately on the top of the cooked egg.



Preparation time:  
5 min

Cooking time:  
1 min

Cooking:  
Microwave  
500/550 Watts  
(Medium power)



# Baked egg

## English breakfast

- 1 large free-range egg (at room temperature)
- ½ onion, cut into rings
- 1 slice bacon
- 1 slice Cheddar
- 1 tsp tomato Ketchup
- Salt and pepper

1. Place the onion rings in the bottom of the one Minute Egg. Season well and cook for 1 minute in the microwave at 700/720 Watts without the silicone lid.
2. Cut the bacon into strips and sprinkle it over the onions. Cover with a slice of cheddar.
3. Break the egg on top and pour the cream around the edge.
4. Put on the silicone lid and cook for 40 seconds in the microwave at 500/550 Watts. Check the egg and cook for another 10 seconds if necessary. Repeat again if the egg is not cooked : the white should be set but the yolk still runny.
5. Remove from the microwave and season with salt and pepper.
6. Before serving, fry a slice of bacon with a few onion rings until nice and crispy, and place delicately on the top of the egg.



Preparation time:  
5 min

Cooking time:  
1 min

Cooking:  
Microwave  
500/550 Watts  
(Medium power)



# Baked egg

## Benedictine

- 1 large free-range egg (at room temperature)
- 1 slice wholemeal bread
- 2 slices bacon
- 1 small egg yolk
- 25 g/ ¾ oz butter
- ¼ small lemon
- Salt & pepper

1. Fry the bacon for a few minutes in a pan without any additional fat.
2. In a bain marie, heat the egg yolk with the lemon juice and 2 teaspoons of butter. When the mixture is hot and smooth, add the remaining butter and mix well.
3. Put the bacon cut into small pieces in the bottom of the One Minute Egg, then add the lemon sauce. Break the egg gently on the top.
4. Cook for 8 minutes, without the lid, in a preheated oven at 200°C/390°F. The white should be creamy and the yolk slightly runny.
5. Serve with a slice of toasted wholemeal bread.

Preparation time:  
30 min

Cooking time:  
8 min

Cooking:  
Traditional oven  
200°C / 390°F



# Baked egg

## Lemon meringue

- 1 large free-range egg
  - 60 g/2 oz caster sugar
  - 20 ml/ ¾ fl oz) water
- For the lemon cream:**
- 1 small egg
  - 1 small yolk
  - ½ lemon
  - 25 g/1 oz caster sugar
  - 20 g/¾ oz) butter
  - 1 tsp cornstarch / cornflour

### Lemon cream

1. Using a fine grater or zester, remove the zest from the lemon and mix it with its juice.
2. Mix the cornstarch with a little water. Add the egg and the yolk, and mix with the lemon juice. Cook on a low heat, stirring well, until the mixture thickens.
3. Remove from the heat and add the sugar and the butter, stirring well to make it melt.

### Italian meringue

1. Separate the egg yolk from the white, and whisk the white until you get stiff peaks. Add 10 g (2 tsp) of sugar and whisk a little more.
2. Heat 50g (1 ¾ oz) of sugar in a saucepan with 20ml (¾ fl oz) of water. As soon as it gets to 110°C/200°F, pour it gently into the egg whites, continue whisking for another 5 min so that the mixture cools down.

### Eggs

1. Pour the lemon cream, the Italian meringue and then the egg yolk in the middle into the One Minute Egg.
2. Cook in a preheated oven for 6-7 minutes at 200°C/390°F so that the meringue colours slightly.

Preparation time :  
45 min

Cooking time:  
6 à 7 min

Cooking:  
Traditional oven  
200°C / 390°F



# Baked egg

## Apple-Crumble

- 1 large free-range egg (at room temperature)
- 10 g/ ¼ oz butter
- 1 small apple, such as Royal Gala
- 15 g/ ½ oz) brown sugar
- ½ petit suisse
- 1 shortbread biscuit
- 1 ball vanilla ice-cream
- 1 small bunch fresh mint

1. Peel the apple and cut into cubes of around 1 cm (1/2"). Melt the butter in a pan and add the diced apple. Leave to brown for a few minutes.
2. Add the brown sugar and cook a little longer, stirring often. The apples should be caramelised and soft. Put them in the bottom of the One Minute Egg.
3. Crush the petit suisse and spread a thin layer over the apples using a spoon.
4. Break the egg into a ramekin and pour into the One Minute Egg.
5. Crush the shortbread biscuit and sprinkle it over the top of the egg.
6. Place in a preheated oven for 6-7 minutes at 200°C (390°F). The egg white should be cooked and creamy, and the yolk still runny.
7. Once removed from the oven, add a ball of ice-cream on top and decorate with the fresh mint.

Preparation time:  
25 min

Cooking time:  
6 to 7 min

Cooking:  
Traditional oven  
200°C / 390°F



# Boiled eggs



Oeuf  
Tiramisu

# Boiled egg

## Carbonara

- 1 large free-range egg (at room temperature)
- 1 slice bread
- 15 g/ ½ oz grated parmesan
- 1 thin slice smoked streaky bacon
- 1 tsp full fat single cream
- Salt and pepper

1. Bring 1 litre water (35 fl oz) to the boil in a saucepan.
2. Sprinkle the parmesan over the slice of bread and place it on kitchen foil. Place the bacon slice on the same foil. Put the foil onto a baking tray and cook in a preheated oven for 8-10 minutes at 200°C (390°F).
3. Once removed from the oven, cut the bread into soldiers approx. 1.5 cm/ ½" thick and leave to cool with the bacon. Both should be crispy.
4. Using a spoon, place the egg into the boiling water. Cook for 4 minutes once the water starts to boil again.
5. Remove the egg after 4 minutes and place it in the egg cup. Cut off the top and add a few drops of cream, salt and pepper on the top.
6. Serve accompanied with the parmesan soldiers and the crispy bacon.



Preparation time:  
20 min

Cooking time:  
4 min





## Chorizo cream

- 1 large free-range egg (at room temperature)
- 1 large slice bread
- ½ clove garlic
- 1 small tomato
- 1 tsp olive oil
- 10 cl/3 ½ fl oz single cream
- 2 large slices spicy chorizo
- Salt

1. Heat the cream in a saucepan with the slices of chorizo. As the cream starts to boil, turn out the heat and leave to infuse for 5 minutes.
2. Put the cream and chorizo in a food processor and liquidize. Pour into a siphon using a sieve to filter the mixture. The siphon shouldn't be more than 2/3 full. Once cold, close the siphon and insert the gas. Shake well and leave upside down in the fridge for 1 hour.
3. Toast the bread. Rub the garlic over the surface then brush with olive oil. Rub the tomato over the top to give it a good colour. Cut into soldiers.
4. Bring a saucepan of water to the boil. Using a spoon, gently place the egg in the water. Cook for 4 minutes once the water starts to boil again.
5. Remove the egg and place it on the egg cup. Cut a circle around the top and remove the 'lid'.
6. Take the siphon and shake it well. Place the swirl of chorizo cream on the top of the egg.
7. Serve immediately with the tomato soldiers.



Preparation time:

40 min

Resting time:

1 h

Cooking time:

4 min



# Boiled egg

## Chocolate drops

- 1 large free-range egg (at room temperature)
- 25 g/1 oz dark chocolate
- 15 g/ ½ oz sweet condensed milk
- Home-made pancakes for the soldiers

1. Bring 1 liter of water (35 ¼ fl oz) to the boil in a saucepan.
2. Place the egg gently in the pan using a spoon. Cook for 4 minutes once the water starts boiling again.
3. Remove the egg and place in the egg cup. Cut off the top and put to one side.
4. Whisk energetically the condensed milk to make it frothy and pour it over the eggs. Grate the chocolate over the top.
5. Crush into 'drops' the remaining chocolate. Cut the pancakes into a long but thin rectangle, and roll them up to make soldiers . Dry them out in the oven.
6. Serve the boiled egg with the chocolate drops and the crispy pancake soldiers.



Preparation time:  
30 min

Cooking time:  
4 min



# Boiled egg

## A la tiramisu

- 1 large free-range egg (at room temperature)
- 25 g/ ¾ oz mascarpone cheese
- 1 tsp instant coffee
- 1 tsp boiling water
- 3 tsp water
- 2 tsp caster sugar
- 1 sponge finger
- 3 tsp dark rum
- 10 g/ ¼ oz dark chocolate

1. Dilute the instant coffee in the boiling water. Add the mascarpone cheese and mix well. Leave in the freezer for 10-15 minutes until you get ice-cream.
2. Finely chop the chocolate and put to one side.
3. Bring 3 tsp water to the boil in a saucepan with the rum and sugar.
4. Cut the sponge finger in half and dip it in the hot syrup, then put to one side.
5. Bring 1 liter (35 fl oz) to the boil in a saucepan. Gently put the egg into the water using a spoon, and count 4 minutes from when the water boils again.
6. Remove the egg, place it in the eggcup and cut off the top.
7. Place the pieces of sponge finger on top of the egg, the mascarpone cheese and sprinkle the chopped chocolate over the top.



Preparation time:  
20 min

Cooking time:  
4 min





# One Minute Egg



Thanks to the One Minute Egg, it'll only take a few seconds to cook your egg in the microwave... and the good news is that it's both delicious and varied!

Baked eggs, sweet or savoury, there's a whole list of quick recipes to choose from, such as the apple crumble baked egg cooked in 6 minutes or the mushroom baked egg cooked in 1 minute. When used as an egg cup, the One Minute Egg is very stable, and you'll learn to create the most surprising boiled eggs : Carbonara or à la tiramisu !

Throughout this recipe book, discover all the tips and advice you need to make perfect eggs every time! Even the simplest of ingredients can sometimes be temperamental, and with a little help, you'll soon be creating all sorts of new recipes!



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