



TASTING TABLE

Recipe to accompany the article available at <http://TastingTable.com>.

Steamed Egg(s) Nestled in a Bed of Greens

Recipe adapted from Judith Jones

Makes 1 serving

2 handfuls of tender greens (such as spinach, beet greens, Swiss chard, turnip greens, cress or a mixture)

Salt

1 tablespoon light olive oil

1 garlic clove, peeled and slivered

½ cup water

1 or 2 large eggs

Freshly ground pepper

1. *If your greens are more mature, trim off the stalks and cut these into 1-inch pieces. Drop the stems into a pot full of boiling, lightly salted water and cook for 4 to 5 minutes. Drain and run cold water over them. Tear the leaves into smaller pieces.*
2. *If the greens are young, the above step is not necessary. Instead, heat a wok or a large sauté pan (use a pan that has a tight-fitting cover), add the oil and, when it's hot, drop in the slivers of garlic. Cook, stirring, over quite high heat; before the garlic starts to brown, toss in all the greens (plus the blanched stems of the older ones). Stir-fry for 1 minute, then add about ½ cup water and cook until the greens are almost tender. Make an indentation in the center of the greens (or two indentations if using two eggs) and crack the egg(s) into it.*
3. *Check to be sure there's enough water left to steam; if not, add a little more. Sprinkle on salt and pepper, cover and steam over medium heat. In 3 minutes, the egg(s) should be just nicely done and almost all the liquid boiled away. Using a large slotted spatula remove the egg(s) carefully to a plate (making sure the remaining liquid runs off). Center egg(s) in the middle of the plate, with the greens around.*