



## *Garden Fresh Farm Recipes*

# Egg in the Middle

This is a simple and delicious breakfast that combines the best of both worlds: eggs and toast where an egg is cooked inside a hole cut out of a slice of bread. It's a fun and quick way to enjoy your morning meal. My mother would make "Egg in the middle" when we were growing up. It bring back a great childhood memory.

### **Ingredients:**

Slices of bread (usually one per serving)  
Eggs (one egg per serving)  
Butter or cooking oil  
Salt and pepper (optional)

### **Directions:**

Lightly butter both sides of the pieces of bread.

Cut a Hole in the Bread - Take a slice of the buttered bread and use a round cookie cutter or the rim of a drinking glass to cut a hole in the center of the bread. I use the screw on ring top of a canning jar. This is the perfect size and allows the removal of the buttered bread circle hole.

Heat a non-stick skillet or frying pan over medium-low heat and add a small amount of spray cooking oil to coat the bottom of the pan.

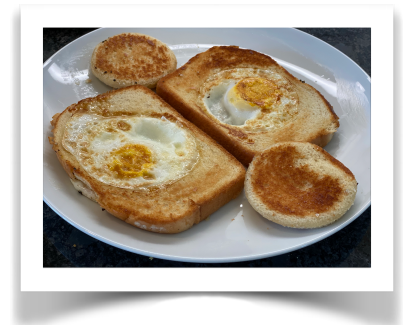
Place the bread, including the slice with the circular cut-out hole into the pan.

Crack an egg into a small bowl or cup, making sure not to break the yolk. Gently pour the egg into the hole in the bread. I crack the egg directly into the hole.

If desired, sprinkle a pinch of salt and pepper over the egg.

Check the round cut-outs to see the browning. Flip the rounds over when lightly browned.

Carefully flip the bread with the egg over in the pan. Be sure not to break the yolk when you do this.





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Carefully check the egg to see if it has reached your desired level of doneness. You can use a spatula to lift the bread and peek underneath. I used the round cut-out to check the cooking progress.

Once the egg is cooked to your liking, remove the "egg in the middle" from the pan, and serve it hot with the toasted circle of bread served alongside.

Notes: You can get creative with additional toppings like cheese, bacon, or herbs if you like. We have also cooked a piece of Canadian bacon in the hole with the egg and have had tasty results.