

Frying the Perfect 'Sunny Side Up' Egg

In that moment, when a perfectly fried egg is placed before you, there is nothing better... the outside world seems to fade away and for the next 5 minutes (or less) it's just you and that egg ...

or is that just me? *blush*

My absolute worst is when I order my eggs sunny side up or soft poach and hard overcooked eggs are delivered to my table :(Its a non negotiable for me - I'm not one of those diners who enjoys sending food back to the kitchen but I make an exception with eggs... if it's not done to my liking, it's going back - Sorry! I do pre-warn the waiter when ordering, by saying "if my eggs arrive hard, I'm sending them back!" I say this with an angelic smile on my face, to soften the threat I have just delivered and Hubby usually stirs uneasily in the chair opposite me and sometimes makes a bad joke to lighten the mood.

There are certain things a chef has to get right, and eggs are one of them. You might know that often, when a chef applies for a new job, he or she is asked to cook eggs 5 ways – they say a good chef, should be able to make a perfect egg!

When it comes down to it, frying the perfect egg does not require great skill – rather, knowledge, preparation, fresh eggs, quality equipment and concentration ...

Here are my top tips for frying the perfect sunny side up egg ...

- Ensure your eggs are fresh (the stronger proteins in a fresh egg delivers a firmer shape)
- Eggs should be at room temperature (otherwise you risk overcooking the yolk while waiting for the white to congeal)
- Have your pan, egg lifter, eggs, butter, oil, salt & pepper, serving plate at the ready – Avoid having to focus on other tasks while frying your eggs (so get the bacon and toast out the way and leave your eggs for last as timing is crucial)
- Put the pan on a very low heat, add equal amounts of oil and butter, coat the pan and pour out the excess oil / butter (you don't need a lot otherwise you end up with greasy eggs)
- Gently crack your eggs into the pan – your fingers should actually connect with the bottom of the pan for a split second as you pull the shells away. This ensures that the eggs are as close to the base of the pan as possible when connecting – creating a gentle 'landing'
- Allow to cook gently at this low heat, it will take a little longer but you won't end up with brown crispy edges and the egg will cook evenly
- Do not salt your egg until near the end of your cooking time – Salt breaks down the protein in eggs & we don't want to do this because we want to maintain a firm shape
- Gently tilt the pan and slide the eggs onto your plate with the assistance of an egg lifter

- Season with salt & pepper

And enjoy the indulgent 5 minutes ahead of you !