Manu's coddled egg with creamed rocket

15m prep | **30m** cook | **4** servings

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9 Ingredients

30g butter

1 French shallot, finely chopped

50ml white wine

100ml chicken stock

100ml pouring cream

200g rocket leaves

4 large free-range eggs

4 rashers rindless bacon

Sliced French baguette, toasted, buttered, to serve

5 Method Steps

○ **Step 1** Preheat the oven to 210C/190C fan forced. Lightly **butter** four 250ml (1 cup) ovenproof ramekins or saucepans.

○ **Step 2** Heat a frying pan over medium heat. Add the butter and **shallot**. Cook, stirring occasionally, for 5 minutes or until shallot is softened. Add the **wine**. Cook for 2 minutes or until liquid has reduced by half. Add the **stock** and bring to the boil. Cook for a further 2 minutes or until reduced by half. Add the **cream** and bring to the boil. Reduce heat to low. Simmer for 10 minutes or until mixture has thickened.

○ **Step 3** Add the **rocket** to the cream mixture. Season. Cook, covered, for 3 minutes or until wilted. Divide half the cream mixture among the prepared ramekins. Keep the remaining cream mixture warm. Crack an **egg** in the centre of each ramekin. Place the ramekins in a roasting pan. Fill the pan with enough boiling water to come halfway up the sides of the ramekins. Bake for 8 minutes.

○ **Step 4** Meanwhile, cook the **bacon** in a frying pan over medium-high heat for 5 minutes or until crisp. Transfer to a plate lined with paper towel to drain.

○ **Step 5** Drizzle the coddled eggs with the remaining cream mixture, then season. Top with the bacon and serve immediately with the **baguette**.

RECIPE NOTES

Instead of rocket, you can use baby spinach or kale leaves. Cook this in a roasting pan half-filled with water (what we French call a bain-marie!) This makes the cooking process more gentle and means the egg doesn't bake too firmly. The bacon is optional but I love it! You can serve this with slices of uncooked soft Jamón instead, too. Swapping pouring cream for rich crème fraîche is another nice twist that you can try.