

# The Foodist: Provençal Toast with Egg

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Toast, peas porridge and poached egg breakfast.

A seriously great way to start the day, a hearty Provençal

Toast with Egg breakfast! We've talked about [peas porridge](#) before and it features here as well – with a twist! a freshly poached duck egg on top!

The hearty whole wheat or multi grain toast (toasted crispy with butter) the [peas porridge](#) spread and creamed and a rich duck egg poached to perfection. great for breakfast or dinner served with a wilted spinach salad and walnuts with feta cheese. you can even plate everything with a culinary ring to really impress your friends!

## INGREDIENTS

- 1/1 ratio of peas to water
- or chicken or vegetable broth
- sprig of mint, minced
- 4 Tbsp butter (use heavy whipping cream and make your own butter!)
- 4 Tbsp flour
- 1 cup milk or cream (reserve 1/2 cup of heavy whipping cream and mix with 1/2 cup milk)
- salt/pepper to taste
- Tbsp caraway seeds or 1tsp ground
- Mint or Parsley for garnish
- 4 duck eggs
- 4 pieces of multigrain bread
- Butter for toast

## DIRECTIONS

### Peas Porridge

1. In a dutch oven, prepare split peas with an equal measure of vegetable or chicken stock. Bring the broth and peas to a boil. Reduce heat. Add mint. Cook for 30 minutes.
2. Add milk. Roll butter into a walnut sized ball. Roll butter in flour and pepper. Add butter/flour ball to soup. Increase heat for 15 minutes until milk, butter

softened peas start to gel. Cook for another 15 minutes or until done.

3. Preheat oven to 350F. Place the dutch oven (covered) into the oven for 30 minutes.
4. For best results, chill the peas porridge overnight.

### **Poached Duck Eggs**

1. In a bowl fill the bowl with hot tap water. Add tsp of vinegar to the bowl. Crack one duck egg into the bowl of water.
2. Place the bowl into a microwave. Heat the egg for 2:00 at 50% power. Check the white for solid firmness.
3. Repeat until all eggs are poached.
4. Alternative poach all eggs in a pan of vinegar water.

### **Toast**

1. Toast four pieces of bread to a crisp. Add a pat of butter. For a finer presentation, cut the toast into a clean circle.
2. Spread the porridge (warmed) atop the toast. For a finer presentation use a food ring and pack the porridge in.
3. Place a poached egg atop the toast and porridge.
4. Enjoy!