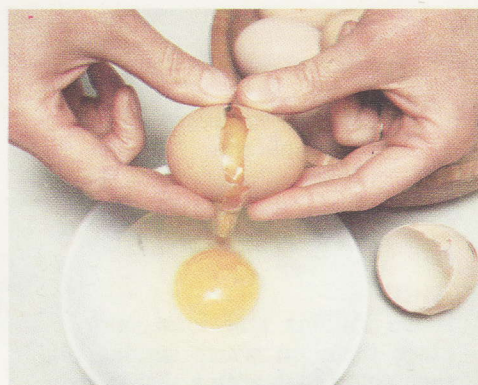


Fried eggs

Because it takes so little time, frying is always top choice when a quick meal is needed. The quicker an egg fries, the better it is.

You can prevent a crispy underneath forming by piercing the white with the corner of the egg slice, allowing the white to run into the holes.

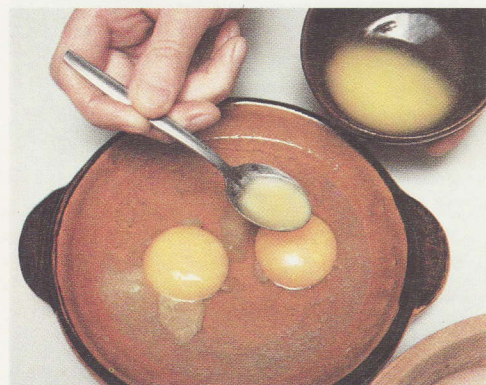
Sunny side up means the yolk's on top; eggs in the shade means a fine film of white covers the yolks (you baste as they fry). For a well-cooked yolk, turn the egg over and cook for 1–2 minutes more



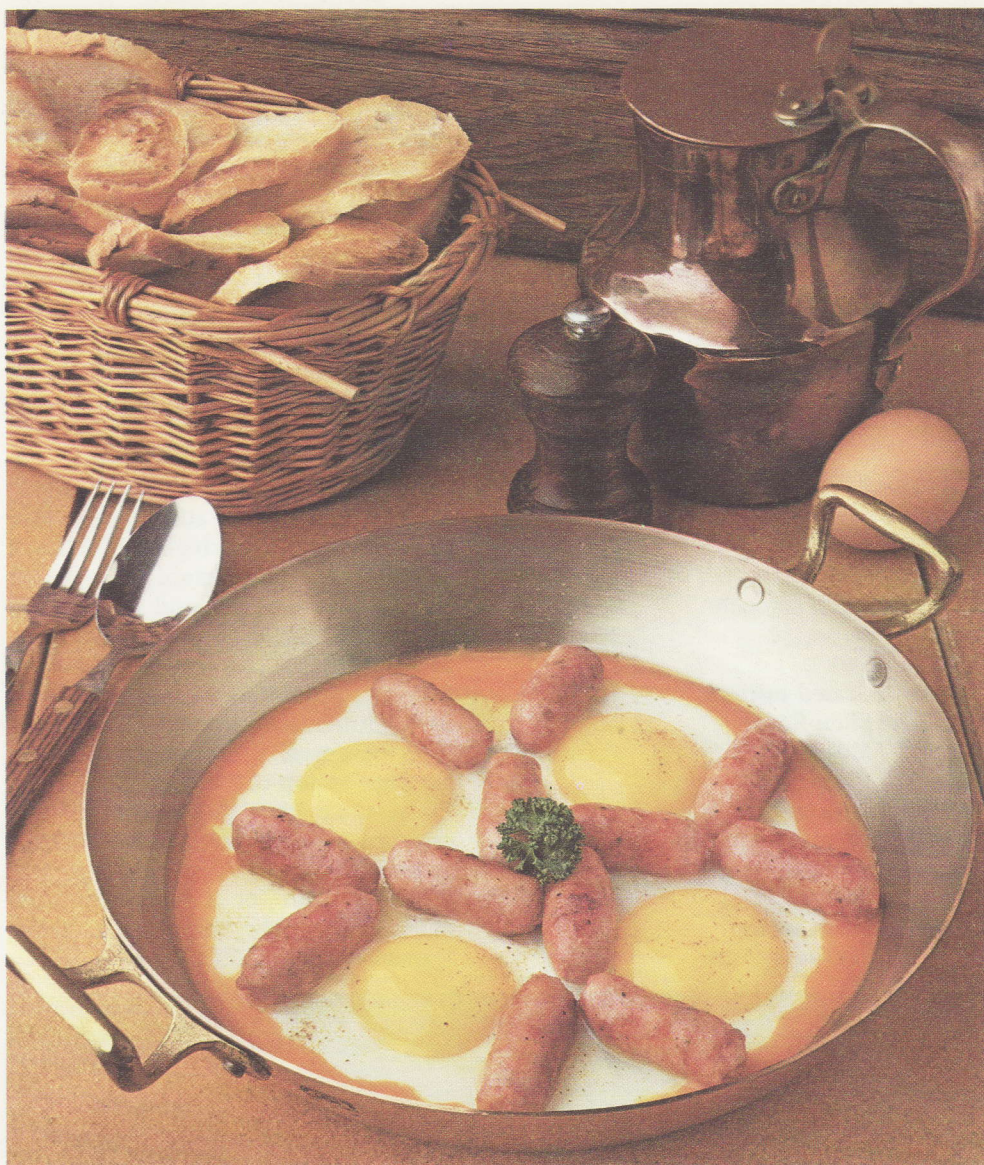
To fry eggs, break them first into a bowl so they can be poured into pan



Heat the butter, fat or oil in pan over moderate to low heat. Add eggs



During frying, spoon over extra butter; pierce whites to ensure even cooking



Above: Oeufs Bercy — good breakfast or brunch dish of eggs, sausages and tomato ketchup

Oeufs Bercy

A classic French dish which anywhere else would be called eggs with sausages and tomato ketchup — for that's all there is to it!

BREAKFAST OR BRUNCH Serves 2–4

Overall timing 15 minutes

Equipment Frying pan

Freezing Not recommended

INGREDIENTS

1 tbsp	Oil	15ml
12	Chipolatas	12
1oz	Butter	25g
4	Eggs	4
3 tbsp	Tomato ketchup	3×15ml
	Freshly-ground black pepper	

METHOD

- 1 Heat the oil in the frying pan. Cook the chipolatas till golden all over, then remove from the pan.
- 2 Melt butter in the pan, break in the eggs and place chipolatas over whites. Fry for 2–3 minutes, then spoon ketchup around the edge of the pan. Sprinkle with pepper and serve with toast and grilled tomatoes.

VARIATION

To make Oeufs Bercy sur le plat, you'll need individual heatproof dishes. Cook as above, and after the ketchup has been added, place dishes under grill for a couple of minutes to finish setting the surface. Grated cheese can also be sprinkled over, or tiny crisp croûtons.