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Breakfast bake-up with dippy egg

<http://properfoodie.com/breakfast-bake-up/>

A rich and warming homemade tomato sauce with chunks of bacon and slices of mushroom, baked in the oven with an egg cracked in the middle and croutons placed on top. Served with grated parmesan and slices of crispy, buttered toast.

Ingredients:

- 1 tbsp rapeseed oil
- ½ an onion sliced
- 1 garlic clove finely chopped
- 3 average sized mushrooms halved and sliced
- 2 rashers unsmoked bacon cut into 2 cm pieces
- 1 tbsp tomato puree
- 1 tsp cayenne pepper
- ½ tsp ground coriander
- ½ tsp smoked paprika
- Pinch crushed dried chillies
- Salt and pepper
- 200g tinned chopped tomatoes
- 1 medium egg
- 8 croutons
- 20g freshly grated parmesan
- 2 slices of toast to serve



Method:

Pre-heat the oven to 180°C, Fan.

Use a small frying pan to gently fry the onion and garlic in the rapeseed oil. Once onions begin to soften add the mushrooms and bacon and fry for a further minute. Next add the tomato puree, Cayenne pepper, coriander, smoked paprika, dried chillies and salt and pepper. Mix together well and fry for an additional minute to ensure all ingredients are well coated with the puree and spices. Add the tinned tomatoes and continue to heat until just boiling, then remove from the heat.

Warm up a small pie dish in a low oven or in the microwave. Pour the mushroom, bacon and tomato mix into the dish and using a dessert spoon make a small well in the centre. Carefully crack the egg into the well (tip – boil the egg in its shell for 1 minute prior to cracking to prevent the egg white from seeping into the tomato sauce. Crack into a ramekin first, if you are unsure about cracking straight into the sauce).

Dot the croutons around the edge of the dish then sprinkle the parmesan over the whole dish. Place the pie dish onto a baking tray and bake in the oven for 10 minutes. In the meantime toast 2 slice of bread, butter and cut into soldiers for dipping.

Check the breakfast bake after 8-10 minutes by gently pressing on the top of the egg with the flat side of a knife to see how firm it is. The yolk should appear to be runny but the white cooked. At this point remove from the oven and place on a plate with the toast. Sprinkle over extra parmesan if desired. Then plunge the toast into the centre of the yolk and enjoy!!