



It seems to me that eggs cause quite a conundrum. The choices when purchasing eggs can make a persons head spin. For anyone keeping up on the latest health food buzz, the egg market is dreadfully problematic. Personally, I think eggs are fantastic and eat on average three a week. I have done enough research about them to send my own head in a spin. I battle between trying to purchase a product I feel is tasty, nutritious, humane, local and economical. I do think organic eggs are “best,” I think it would be wonderful if everyone could have their own chickens supplying them with their own fresh eggs but, that is not plausible. When the reality of price sets in not everyone including myself is always willing to purchase locally grown organic eggs. I think it is a personal choice and the internet is a wonderful tool to use in determining whats best for you and your family. Simply type “why buy organic eggs?” in Google and you will acquire a wealth of information.

It may seem a bit silly composing a recipe for a fried egg sandwich but they are an important staple in my home and I feel they are worthy of being added to the site. Sometimes I poach eggs for the sandwiches making them healthier but I find frying the eggs in tiny amount of light olive oil works best for me. If you enjoy a running yolk I do recommend breaking it while frying it over easy. Once I bit into an over easy fried egg sandwich and the yolk literally exploded in my face and ran down the sleeve of my shirt. I had to laugh at the time because it was a very “Wow!” moment but it’s not worth repeating.

Fried Egg Sandwich

1 egg per sandwich

2 slices of bread per sandwich (I use cracked wheat soured dough)

1 tsp light olive oil or canola oil

a dollop of mayonnaise (if you wish)

cracked black pepper

Method

Place bread slices in toaster to your preferred setting.

Heat a non stick skillet over medium high heat until oil is hot. If you are not comfortable cracking an egg directly into a skillet crack your eggs into a small dish. This makes it easier to remove unwanted egg shells.

Season egg with cracked black pepper and fry. Spread toast with mayonnaise if using. Cut cooked sandwich in half serve and enjoy.

Sunny side up: Fry egg until white just sets, slide out of skillet directly onto toasted bread for minimal yolk damage.

Over easy: Fry egg until white just sets, flip over and continue to fry 1 minute. Slide egg out of skillet or scoop up with spatula onto toasted bread.

Fried hard: Break egg yolk upon adding egg to skillet. Fry on one side until whites are set then flip over and continue to fry at least 1-2 minutes. Slide egg out of skillet or scoop up with spatula onto toasted bread.