

Eggs Poached with Tomatoes *Huevos kon tomat*

Huevos kon tomat is an easy and fast stand-by that consists of eggs poached in a fresh, thick tomato sauce and served hot in the same frying pan in which it is cooked. Be sure to have lots of warm flat bread to mop up the tasty sauce. This appetizing meal is a favourite with my family for brunch or as a Sunday dinner.

For the tomato sauce:

5 tbsp olive oil
1 small red onion, sliced lengthways
2 cups ripe, peeled and chopped tomatoes or canned chopped tomatoes
1 tbsp tomato paste
1 tsp sea salt
1 tsp sugar
½ tsp paprika
6 – 8 eggs
½ cup cubed feta or kashkaval cheese
2 tbsp roughly chopped flat-leaf parsley (*use leaves and tender stems*)

For serving:

1 tbsp roughly chopped flat-leaf parsley (*use leaves and tender stems*)
a handful marinated black olives

Make the tomato sauce: Heat the oil in a large frying pan over a medium-high heat. Cook the onion for 3–4 minutes, stirring frequently, until softened. Stir in the tomatoes, tomato paste, salt, sugar and paprika. Simmer for about 7 minutes over a low heat until thickened and well reduced. Taste and ensure you adjust the seasoning at this stage as the sauce cannot be stirred or seasoned once the eggs are in*.

Make small indentations in the surface of the sauce. Carefully crack an egg and one by one slide into each hollow. Stir the whites gently with a fork so they are thinly spread over the tomatoes. Partly cover with a lid and simmer over a low heat for 4–5 minutes. Scatter over the cheese and sprinkle with parsley. Cook until the eggs are just set but both the whites and the yolks are still soft. Cover briefly with a lid if you prefer your eggs well done.

To serve: Sprinkle with parsley, toss in some black olives and serve hot in the pan with warm flat bread.

Stella's Hint:

- *The tomato sauce may be prepared in advance. Refrigerate until ready to use.

Twist on Tradition:

- To add a bite to the sauce, stir in 1 tsp Turkish red pepper flakes with the onion.