Recipes

The Glenribbeen Baked Egg

The Glenribbeen Special is in fact a new dish - that grew out of a desire to have a vegetarian alternative to the famous Irish Fry for breakfast. I'd wanted something to taste fulsome, spicy and something that would act as a slow energy release to sustain 'til lunch. I'd wanted something that is easy and quick that looked good.

Since we started making them back in early 2000's we've had a lot of good comments and requests for the recipe. I always have to point out that we use a combi-oven which uses microwave at 33% while cooking at 250C. A combi-oven is one that can bake- grill - microwave or any combination of these at once. However I'm told that a good hot oven will do the trick abet slower. I'd consider giving the dish 2 x 20 seconds in the micro as well.

When serving we add a side-dish of local mushrooms and garnish the plate with edible flowers (spicy nasturtiums) and flowering herbs from the garden. We serve home-made 4-corn+ treacle brown-bread. It's heavier than most but adds gravitas to the light spicy egg-dish.

In the recent years the Glenribbeen Special has had exposure on national Irish television and many newspaper articles and has started been featured in the local Dungarvan/West Waterford Slow-food festival to highlight local cuisine. I've been told that it's now on the breakfast menu of several local B&B's.

It goes without saying that the eggs are from our own hens and the cheese is (usually) local.

–        served as usual with a portion of fried mushrooms on a dressed plate.

Glenribbeen Special. We are regularly asked for the recipe – so …

Necessary; A combi-oven that can grill/cook while microwaving & a manikin,

Recipe: oil, egg, milk, Tabasco, Herb-de-Provence, grated cheese & yoghurt.

Method; add 1 tsp oil to manikin. Break in (free-range) egg, add 1Tblsp milk and a good dash of Tabasco. Add herb and salt/pepper if wished.

Beat well with fork. Place in combi-oven 2 mins at full heat and 33% micro-power.

Remove – mixture should be ‘set’. Sprinkle liberal amount of grated cheese (I favour mix of Mozzarella & Cheddar). Top with yoghurt and sprinkle chilli and add halved tomato and put back in combi-oven as before for 1minute.

Add oregano-leaf to garnish.

Start to finish 4 minutes. I love this with potato-bread or good wheaten bread.

