

Miguel Maestre's Flamenca Eggs



Serves: 4 people

User Rating: ★★★★★

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"One dish that we don't often see on cafe menus is the Spanish classic flamenca eggs, a baked egg and tomato dish which in my opinion is one of the healthiest and most nourishing breakfasts around. Flamenca eggs are great made with the amazing tomatoes that we have here in Australia. You can turn up the heat a little to make it more spicy and cook the eggs to your liking, but there is something special about the runny centre of the poached egg. When you poach eggs in tomato, the freshness of the tomato infuses the egg whites and the flavour is so refreshing," says Miguel Maestre

This is a great Spanish way to start the day (or for lunch or dinner!) and goes beautifully with cured meats, such as jamon, salchichón and chorizo.



Ingredients

- 4 eggs
- 4 large oxheart tomatoes (the size of your fist)
- 1 tablespoon olive oil
- 1 long red chilli, halved, deseeded and chopped
- 2 garlic cloves, finely chopped
- 300 ml tomato juice

- Salt flakes and freshly ground
- Black pepper
- 2 tablespoons grated manchego
- 2 slices of jamon, torn (optional)
- Sourdough bread and marinated feta, to serve

TOMATO SALAD

- 250 g yellow mini heirloom tomatoes, halved
- ¼ bunch of mint, leaves picked
- ¼ bunch of basil, leaves picked
- 1 tablespoon extra-virgin olive oil
- Salt flakes and freshly ground black pepper

Method

1. Preheat the oven to 180°C (fan-forced). Line a baking tray with baking paper.
2. To make the tomato salad, combine all the ingredients in a large bowl. Set aside.
3. Cut the tops of the oxheart tomatoes and reserve, then slice a little of the bottom to give them a stable base. Scoop out the pulp and seeds (save them and add them to the tomato salad). Place the tomato shells on the prepared baking tray.
4. Heat the oil in a medium saucepan over medium heat, add the chilli and garlic and cook for 1 minute until softened. Stir in the tomato juice and cook, stirring, for another 5 minutes or until thickened. Season to taste. Carefully crack the eggs into the sauce and poach for 1 minute.
5. Spoon the hot tomato mixture into the prepared shells. Don't fill them right to the top – you want to leave room for the eggs. Use a ladle to carefully transfer the eggs without breaking the yolks, then sprinkle with some of the cheese.
6. Bake for about 5 minutes or until the tomato shells are tender and the egg whites are set, but the yolks are still a little runny (or cooked to your liking). Remove from the oven and sprinkle with the jamon, if using, and the remaining cheese.
7. Arrange the salad on serving plates and top with the baked tomatoes. Serve with sourdough spread with marinated feta for dipping into the tomatoes.