



THE ingles TABLE

with Susan Murry
French Eggs In Puff Pastry

Shopping List

- 1 sheet frozen puff pastry, thawed
- 1 tablespoon finely grated Parmesan cheese
- 6 extra-large eggs
- 1 tablespoon heavy cream
- 1 teaspoon finely chopped fresh dill

Cooking Instructions

1) Preheat the oven to 375°F. Line a baking sheet with parchment paper.

2) Cut off one-third of the puff pastry sheet lengthwise using a large, sharp knife. Wrap and refreeze the remaining two-thirds of the puff pastry sheet, reserving for another use.

3) Cut the piece of puff pastry in half crosswise, forming two rectangles. Using the tip of a small, sharp knife, score another slightly smaller rectangle inside each piece, spacing the walls of that smaller rectangle about 1 inch from edges of puff pastry. Do not cut all the way through the pastry.

4) Place them on the baking sheet and bake 15 to 20 minutes or until the pastry has puffed and browned. Remove from the oven and immediately cut out and remove each interior rectangle all in one piece. You will have created two boxes with lids. While the pastry is still warm, dust the tops of the lids and the interiors of the boxes with finely grated Parmesan cheese.

5) Break the eggs into a bowl and add the cream, dill, salt and pepper. Whisk until very well mixed (at least 40 strokes). It is important to fully breakdown the whites and incorporate them with the yolks.



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Cooking Instructions

6) Place the butter in a non-stick skillet over very low heat. Add the eggs and whisk slow-ly. The butter will melt and the eggs will start to cook. Regulate the heat so that the eggs do not cook too quickly and result in large curds. After about 4 minutes you should see the eggs start to thicken. Adjust the heat just a little so that some curds form, but if it starts to cook too quickly, lift the pan off the stovetop to slow it down. The eggs are done when they are still shiny but not wet. Taste the eggs and add a little salt and pepper if needed.

7) Spoon the eggs equally into each pastry box and top with the lid.



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