

Summer Salad With Poached Egg

4 servings

INGREDIENTS FOR SALAD

1 head butter lettuce
1 ripe Summer tomato, sliced
two medium Avocado, skin and pit removed & sliced
3 stalks Green onion, chopped
¼ lb crisp Bacon, chopped
Roasted red sweet pepper
Beet microgreens for garnish

INGREDIENTS FOR VINAIGRETTE

1 Tablespoon fresh or 1 tsp dried Tarragon
¼ cup [Sandy Oaks Extra virgin olive oil](#) *
2 Tablespoon Champagne vinegar
2 Tablespoon Dijon mustard
2 - 4 Tablespoon [Honey](#)
1 teaspoon lemon zest or 2 teaspoons lemon juice
1 Tablespoon minced shallot
4 Farm fresh eggs
White vinegar
Salt and pepper
* Available in our [SHOP](#)

For the eggs, start heating a deep skillet or shallow pot with 1 inch deep water. Add 1 tsp salt and 1 tsp white vinegar. Heat the water until it barely bubbles, around 200 degrees Fahrenheit.

For salads I recommend using your best farmers market greens and tomatoes, but anything colorful you can find will work.

Chop your greens and vegetables while your water is heating and prepare your salad dressing.

Vinaigrette

Combine all ingredients together and whisk until incorporated.

In a large bowl, toss your vegetables with your dressing. Season with sea salt and freshly ground pepper to taste. Use tongs to plate your salad and get ready to prep your eggs.

Rinse your eggs and crack them one at a time into a small bowl or large serving spoon. Gently lower each egg into the warm water and release it into the pan (use a larger pan for batches greater than 2). Allow the egg to cook until the yolk has filmed over and the white is set, about 3-5 minutes.

Remove egg with a slotted spoon, drain off water and carefully place the egg on top of your salad. Garnish with pepper and serve immediately. Poached eggs go particularly nicely with sourdough toast.