



**Rob Rees's**

## **Poached Eggs, Spinach and Toasted Bagel Recipe**

**Serves 4**

### **Ingredients**

*4 eggs (Lion marked)*  
*400g Baby Spinach Leaves (washed)*  
*1 Teaspoon Grated Nutmeg*  
*4 Bagels*  
*100g Crème Fraîche*  
*Grated Zest of 1 Lemon*  
*1 tsp of White Wine Vinegar*  
*100g Grated Double Gloucester Cheese*  
*2 tsp Cracked Black Pepper*  
*1 Teaspoon Olive Oil*  
*25g Butter*  
*275ml Water*  
*1 Bunch Watercress*

## Method

1. Place the water and vinegar into a shallow edged saucepan and bring to the boil.
2. Turn down the heat so the water is simmering.
3. Using a spoon gently stir the water so that it has enough momentum to keep spinning when you remove the spoon.
4. Crack an egg open and gently drop it into the water down the inside edge of the pan.
5. Cook on a gentle simmer for approx 5 minutes.
6. Remove with a slotted spoon and serve on the prepared bagel.
7. Cut the bagel in half and either toast or place under a grill till golden and spread lightly with Crème Fraîche and sprinkle with Lemon Zest.
8. Heat a little olive oil in a frying pan, and then add the butter. Once the butter has turned golden brown add the washed and dried spinach.
9. The water will be released and the spinach will collapse in size as it cooks. Once tender but still green season with the nutmeg.
10. To serve place the bottom of the bagel onto your dish. Next add some spinach and top with one of the eggs. Sprinkle with a little grated Double Gloucester Cheese and season with the pepper. Place the other half of the bagel on top to create a stack and garnish with some Watercress.