Coddled Eggs with Asparagus and Shitake Mushrooms

For those who can remember, back in the seventies, coddled eggs were a Thing. My mother had Portmeirion egg “coddlers” with little silver lids, which you could boil in a *bain marie* and serve up as a smart breakfast or supper dish. They are probably collectable now! Sadly, I didn’t keep her coddlers , but a ramekin will do just as well for this simple dish will celebrates Spring asparagus.

Ingredients for one

Set the oven to 180 C

2 Eggs

25g Shitake Mushrooms, sliced

A Tablespoon of Double Cream

A Small knob of butter

A good Tablespoon of Grated Cheese (I used a good cheddar)

4 or 5 Spears of good English Asparagus (trimmed)

Freshly ground Salt and Pepper to taste

A little Extra Virgin Olive Oil for the mushrooms

Butter the ramekin and break the two eggs into it. Add a small knob of butter and the cream. Sprinkle over half the cheese. Give it a grind of salt and pepper. Cover the ramekin tightly with foil and put in a *bain marie* with water coming a third of the way up the sides of the ramekin and bake for 20 minutes or until cooked (you can check by lifting the foil and giving it a wobble). While the eggs are cooking, put a pan of salted water on to boil for the asparagus and fry off the mushrooms in the oil. When the eggs are ready, take them out of the oven and set aside for a couple of minutes while you boil the asparagus for a minute. Uncover the eggs, top with the mushrooms and add a little more grated cheese. Serve with the asparagus soldiers on the side to dip.