
Baked (Shirred) Eggs



1. For 1 to 2 servings, break and slip **2 eggs** into greased ramekin, shallow baking dish or 10-ounce custard cup.



2. Spoon **1 tablespoon skim or 1% low-fat milk, half and half or light cream** over eggs.



3. Bake in preheated **325° F** oven until whites are completely set and yolks begin to thicken but are not hard, about 12 to 18 minutes, depending on number of servings being baked.



4. For eggs “baked” top of range, in omelet pan or skillet over medium heat, thoroughly heat grains, vegetables or sauce. With back of spoon, make indentations (about 2 inches in diameter) in heated foods. Break and slip an egg into each indentation or into sauce. Cover. Cook until whites are completely set and yolks begin to thicken but are not hard, about 15 to 18 minutes.



Baked (Shirred) Egg Tips

- For individual servings, use baking dishes that just fit the eggs plus the flavoring food or liquid, such as ramekins, custard cups, individual souffle dishes or small oval bakers. Grease or spray the dishes if the eggs are to be broken directly onto the dish.
- When baking eggs in other solid foods or in liquids, preheat the solid or liquid before adding the eggs for faster and more even cooking.
- Check the eggs after about 10 to 12 minutes baking time. When done, the whites should be completely set and the yolks beginning to thicken but not hard. Spooning a liquid over the eggs or sprinkling them with shredded cheese can help prevent drying.
- When the French dress up plain baked eggs (*oeufs en cocotte*) by lining the dish with bacon or pate and topping the eggs with cream, gravy or a sauce, they call them *oeufs sur le plat*. To make a more American meal, bake eggs in nests of other foods, such as vegetables or hollowed-out rolls, or shirr them in milk or cream. For meal-in-one convenience any time of day, “bake” eggs on top of the range. Nestle the eggs in grains and/or vegetables and cover the pan to hold in steam.