

Poached Eggs in Red Wine Sauce (Oeufs en Meurette)

Ingredients:

12 ounces thick-cut bacon, chopped
2 sprigs of thyme, leaves stripped and chopped
8 ounces mushrooms, sliced
1 pound medium carrots, peeled and cut into ½-inch chunks
12 ounces frozen pearl onions, thawed
2 medium cloves garlic
½ teaspoon salt
¼ teaspoon pepper
2½ cups dry red wine
2½ cups beef broth
1 tablespoon white vinegar
8 eggs
2 tablespoons unsalted butter, melted
2 tablespoons all-purpose flour
Chopped parsley, for serving
Toasted bread, for serving

Preparation:

Cook bacon over medium-high heat in a soup pot until crispy. Use a slotted spoon to transfer bacon to a bowl and set aside for later. Leave bacon fat in pot. Drain the onions of liquid that accumulated while they thawed. Add thyme, mushrooms, carrots and onions to pot. Cook on high heat, stirring frequently, until mushrooms release their moisture and start to brown, about 10 minutes. Add garlic, salt and pepper and sauté for 2 minutes.

Add the wine and broth, scraping the bottom of the pan to release any flavorful bits that may be stuck there. Simmer with the lid off until the liquid has reduced by half and the vegetables are tender, 25 to 30 minutes.

While the stew simmers, poach the eggs. Fill a small saucepan with 2 to 3 inches of water. Heat over medium heat. When the water is just about to boil, add the vinegar.

Crack one of your eggs into a small bowl. With a spoon, quickly stir the water in the pot to create a whirlpool effect. Pour the cracked egg into the middle of the whirlpool, reduce the heat to medium-low, and set a timer for 3 minutes. When the timer goes off, remove the poached egg with a slotted spoon and place on a plate lined with paper towels.

Repeat this process until you have poached all the eggs. No need to add more vinegar to the water.

After the liquid in the stew has reduced, mix the butter and flour together in a small bowl. Add to the sauce and stir until it begins to thicken. Spoon the stew into bowls. Top each bowl with 2 poached eggs, the reserved bacon pieces, fresh parsley and toasted bread.

Recipe source: <https://ediblemichiana.ediblecommunities.com/recipes/poached-eggs-red-wine-sauce-oeufs-en-meurette>