

Baked Eggs in a Phyllo Nest

Sara Moulton - Associated Press
Treasure Coast Newspapers

Servings: 4

2 1/2 tablespoons extra-virgin olive oil
4 sheets phyllo pastry
4 thin slices (3 ounces) prosciutto
1/2 cup unsalted mozzarella cheese, coarsely grated
1/4 cup pesto sauce
4 large eggs

Preheat the oven to 400 degrees.

Lightly brush the work surface with some of the oil. Arrange one sheet of phyllo on the counter with the long edge facing you. Cover the remainder with plastic wrap and a damp towel to prevent drying out. Brush the sheet all over with some of the oil.

Gather the edges in to form a four-inch wide nest, keeping the center flat. Using a large metal spatula, transfer the nest to a parchment paper-lined rimmed baking sheet. Repeat with the remaining phyllo and oil to make three more nests.

Ease a slice of prosciutto into the center of each nest, folding it over to fit into the space and letting the edges curve up a bit to form more of a nest. Sprinkle two tablespoons of the cheese on top, spreading the cheese out to form an indentation in the middle. Spoon the pesto over the cheese. Crack one egg into the center of each nest.

Bake on a shelf in the lower third of the oven until the whites are set but the yolks are still runny and the phyllo is golden and crisp, about 6 minutes.

Remove from the oven. Let stand for 3 minutes before serving.

Before working the phyllo dough, let it defrost overnight in the refrigerator and not on the counter. After taking the stack of phyllo sheets out of the package, cover the top layer with a piece of plastic wrap, then cover the plastic wrap with a damp towel. You'll work with just one sheet at a time, keeping the rest under wraps.

In order to keep the phyllo moist and help it brown properly, you have to lightly brush both sides of each sheet with oil. You simply shape the dough into a "nest" by scrunching in the dough on the edges. When you're done, the floor of the nest should be about three inches in diameter and the sides about one and one-half inches high. The formula about how to shape it? There is none! All scrunching is good.

Per Serving (excluding unknown items): 724 Calories; 40g Fat (51.6% calories from fat); 73g Protein; 12g Carbohydrate; 1g Dietary Fiber; 375mg Cholesterol; 6377mg Sodium. Exchanges: 1/2 Grain(Starch); 10 Lean Meat; 3 1/2 Fat; 0 Other Carbohydrates.