

# Matcha Poached Eggs

## Serves 2

It's hard to imagine a simpler dish: just poach the eggs using your favorite method, and sprinkle with matcha salt (recipe below). I use the egg poachers with nonstick cups, but I also often poach them the old-fashioned way; the eggs will have a more rustic look. Either way, they're fantastic with a cup of matcha or other green tea, sourdough toast and some cut-up fruit.

**½ teaspoon matcha (see Note)**

**1 heaping tablespoon sel gris (coarse gray sea salt) or any other high-quality salt**

**1 tablespoon white distilled vinegar**

**4 large high-quality eggs**  
**Black pepper, to taste**

**Instructions:** Combine the matcha and the sel gris in an electric coffee grinder and pulse a few times, shaking the grinder as you pulse. This makes a generous portion, so save extra to use later.

Add vinegar to a large pot with about 2 inches of boiling water; give water a vigorous swirl with a large spoon to create a slight current, and carefully crack 1 egg into it. (It is easier to first crack each egg into a small cup and then gently slide it into the moving water.)

Poach the eggs to your desired doneness. I like my yolks mostly solid but ever-so-slightly runny, which usually



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takes about 4 or 5 minutes.

Have your toast, tea and heated plates ready. Gently transfer eggs to a paper towel to absorb excess moisture, and roll them onto the heated plates. Liberally dust the eggs with the matcha salt and pepper, and serve very hot.

**Note:** You can buy matcha in Japanese markets and online. Try the extra matcha salt on fried fish or tofu, and sprinkled into salads.

**Per serving:** 76 calories, 6 g protein, 1 g carbohydrate, 5 g fat (2 g saturated), 212 mg cholesterol, 715 mg sodium, 0 g fiber.

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