# flavorful eggs over rice

## Family Chef: Maggie McMahon

### Original Recipe Inspiration: This is Maggie’s take on tamago kake gohan, a Japanese breakfast

#### Ingredients:

* 2 eggs
* 1c cooked (or left over) rice
* Roasted garlic oil, to taste (See Roasted Garlic Oil recipe!)
* Sichuan chili oil, to taste (See Sichuan Hot Chili Oil recipe!)
* Salt, to taste
* Sesame oil (optional)
* Soy Sauce (optional)

#### Instructions:

1. Warm your cooked rice or make a fresh pot. If making fresh, I like to do 1/2c rice to 1/2c water and cook covered for about 15-20m. I like texture to my rice so doing it this way will not give you mushy rice. If you prefer it mushier, add double the water.
2. Add a splash of sesame oil to the rice, if using, and stir to combine.
3. Cook two eggs so the whites are cooked but the yolk is runny. We like to do fried eggs for this, but soft boiled or poached work well here.
4. Add your eggs on top of rice.
5. Generously add garlic oil to the top. It is more delicious if you add some of the actual garlic cloves as well.
6. Then add a spoonful or two of chili oil. The oil is not very spicy but the flakes are. We like to add a combination.
7. Top with a generous sprinkle of salt (flakey is best).
8. If using soy sauce, drizzle a bit over the top of everything.
9. That is it! Enjoy!

**To make a fried egg:**

1. Heat a frying pan over medium high heat.
2. Once pretty warm, add about a tablespoon of good quality butter.
3. When the butter has changed colors to a beautiful nutty color, GENTLY and CAREFULLY crack your eggs. Hold the egg very close to the pan and let it slide out of the shell. This will help keep the yolk intact.
4. Once you have your desired amount of eggs in the pan, wash your hands, then come back and cover them with a lid.
5. KEEP AN EYE ON THEM NOW. This is the most crucial point. They can overcook in a matter of seconds. A clear lid works best, if you have one. You want to cook until the yolks have a slight white covering over them. The whites of the egg should be fully cooked without any slime left.
6. Once you see the white covering, QUICKLY and very gently use a spatula to get them off the pan and onto the rice. It is critical you move fast or they will overcook.

#### Notes:

1. This dish is perfect for a hearty breakfast or brunch. We sometimes will serve it for a light dinner as well. It is really versatile but carries such a big punch of flavors.
2. By using the roasted garlic, it removes most of that heavy garlic feeling, leaving you left with buttery soft garlic cloves and hints of sweetness.
3. I have tried this with and without salt. I am telling you, the flavors completely change (in a good way) if you add it. Without it, it feels oil-heavy and almost bland. But be careful not to go too heavy handed. You want a balance.