

Shirred Eggs with Sausage and Spinach

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(Serves six)

*12 eggs
5 tbsp butter or ghee
12 slices cured pork – ham, prosciutto, pancetta, etc
5oz frozen spinach, thawed and squeezed
2 fully-cooked bratwurst or kielbasa sausage, diced, or some chopped (cooked) bacon
1 small onion, diced
1 small red pepper, diced
1/2 tsp each salt and pepper, and more to taste*

Cut up your sausage, onion, and red pepper, and set aside.

Heat up 1 tbsp of the butter or ghee in a skillet on med/low heat, then add the onion and sausage. Sauté for five minutes, stirring every minute or two, until the onions are softened. Add the red pepper and sauté for another two minutes. Remove your onion/pepper/sausage combo and set it aside.

Preheat your oven to 425 degrees. Melt the remaining butter/ghee and pour a little of it into 12 different cupcake holders in a cupcake pan. Mold your ham or other cured pork to form a small cup. It's okay if it tears a little bit, the spinach will act as insulation. Put a little of the thawed spinach in the bottom of the cut (be sure to squeeze any water out!). You are totally welcome to use fresh, blanched spinach instead of frozen spinach.

Add a couple spoonfuls of the onion/pepper/sausage combo, leaving enough room in your cupcake mold for an egg. Lastly, crack an egg into the cup.

Bake at 425 for 15-20 minutes, until your eggs look done enough for you. We liked ours more gooey than runny, so we cooked ours for just shy of 20 minutes.

Let them cool for a minute or two, then serve and enjoy.