

# Deep-Fried Eggs

## Serves 2

This Asian-inspired spicy egg dish is great as an appetizer or on top of a simply dressed salad. If you prefer a softer yolk and choose to nix the greens, be sure to make some toast for sopping. It's adapted from a combination of Jeremy Fox's "Deep Fried Egg" recipe in January 2010's *Bon Appetit*, and David Chang's soy-sauce egg, served at Momo-fuku Noodle Bar in New York.

### 3 large eggs

Vegetable oil, for frying

About ½ cup rice flour, for dredging

3 tablespoons soy sauce

About ½ cup panko, for dredging

Kosher salt to taste

1 large garlic clove, sliced as thinly as possible

About 1 tablespoon sriracha or other hot sauce

**Instructions:** Fill a bowl with ice; set aside.

Soft-boil 2 of the eggs: Place the eggs in a small saucepan, and add enough cold water to cover them by about 1 inch. Bring the water to a boil, then reduce to a low simmer. Cook for 3½ minutes for a soft yolk, 5–6 minutes for a harder yolk. Immediately remove eggs and cool in the ice bath. Gently peel the eggs (it's easiest to peel while submerging them in wa-



Craig Lee / Special to The Chronicle; styling by Sophie Brickman

ter). Pat dry with paper towels, and set on a plate.

Pour about 3 inches of oil into a small pot. Heat over medium heat until oil reaches 375° on a deep-fry thermometer, which is approximately when bubbles form around the handle of a wooden spoon placed vertically into the oil.

Meanwhile, set up a coating station, with rice flour in one bowl, the remaining egg and soy sauce whisked together in another, and panko in a third. Roll the eggs first in the flour, then the egg-soy mixture, and finally in the panko, so that each is well coated.

Using a slotted spoon or spider, lower the breaded eggs into the hot oil. Fry until the panko is dark brown and crisp, about 2 minutes. If the oil doesn't cover the entire egg, rotate the egg to brown all sides. Transfer the deep-fried eggs to a paper towel-lined plate to drain; sprinkle with salt.

While the eggs drain, fry the garlic chips: Lower garlic slivers into the same oil for about 10 seconds, or until crisp. Beware: This happens quickly, and you don't want the garlic to burn. Drain chips on a paper towel.

To serve, cut eggs in half, top with a dollop of sriracha and half of the garlic chips. Serve immediately.

**Per serving:** 225 calories, 9 g protein, 19 g carbohydrate, 12 g fat (2 g saturated), 213 mg cholesterol, 429 mg sodium, 1 g fiber.

**Wine pairing:** Eggs, especially if soft-boiled, can be a pairing challenge — the runny yolk can seem metallic with a wine. A tart Sauvignon Blanc or a citrusy cocktail will work if you want to boost your brunch beverage.

**XNIP code:** HAHE7

Chronicle colleague Lynne Char Bennett that infuses the eggs with a subtle garlic flavor.

I shook the pan and whipped violently, to ensure the smallest possible curds, and after a flourishing smack, rolled the omelet onto the

plate. It had a little color on it, which is a big no-no.

After a long explanation and words of warning, I relinquished the pan to Dave. He mimicked what I'd done, with far less banging, calmly asked for a plate and rolled out a

perfect omelet.  
Beginners' luck.

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