

Top Chef Martyn Nail created a new collection of breakfast recipes for British Egg Week.

british egg week wake up to eggs

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Wake up to eggs!

The 'Wake up to eggs' campaign is all about encouraging people to enjoy their breakfast favourite more often, particularly as the removal of limits on egg consumption means you don't have to worry about how many eggs you eat.

Martyn Nail, Executive Chef at Claridges, says; "Eggs are a popular choice when eating out or at weekends but people believe they lack the skills to enjoy them as a quick breakfast during the week.

The great news for amateur chefs is that eggs can be quick and easy to cook. Not only are they tasty, but healthy too." [MORE >](#)

Tasty healthy breakfasts

Martyn cooks around 6,500 eggs a week - nearly 350,000 a year. He's sharing his expertise by offering cooking tips and seven delicious recipes to inspire you, one for each day of the week.

- baked eggs and beans
- boiled egg with parmesan shell
- egg & bacon soufflé
- perfect poached egg with corned beef hash
- soft scrambled egg
- perfect poached egg on bagel with tomato
- the perfect omelette

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breakfast recipes

baked eggs and beans



boiled egg with
parmesan shell



egg & bacon soufflé



perfect poached egg
with corned beef hash



soft scrambled egg



perfect poached egg on
bagel with tomato



the perfect omelette



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martyn nail's baked eggs and beans



This dish is inspired by a classic dish 'eggs en cocotte' - an egg baked in a dish in the oven with a little cream and seasoning until just set. Here I have made it with store cupboard ingredients, perfect for a fun family breakfast, even dad and the kids could impress with this recipe.

Method

1. Brush the insides of four small white dishes with soft butter and season with salt and pepper.
2. Heat the beans in a small pan and drain some of the sauce from the beans and reserve, spoon some of the beans into the bottom of each dish.
3. Crack each egg into a cup and check there is no unwanted shell, then pour on top of the beans, repeat for each dish.
4. Place the white dishes on a piece of kitchen paper in the bottom of a deep roasting tray, then gently pour boiling water around the dishes until half way up the mould, and place in the oven.
5. Check after seven minutes – the white should be just set and the yolk still runny, bake for longer if you prefer them firmer.
6. Warm the tomato sauce and pour around the egg and serve with buttered toast.

Ingredients

4 large British Lion eggs
1 tin of baked beans
salt and pepper
a little butter
toast to serve

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martyn nail's soft scrambled eggs



As long as you are ready with your plates and accompaniments, before you begin scrambling your eggs, you will be on the path to success. These can be a simple to spectacular whether it's a quick breakfast or with the addition of a little smoked salmon they could be a luxury first course to a dinner party.

Method

Top tip

A smaller pan is better if you're making a small amount, so the egg does not cook too quickly.

Whisk the eggs together with a fork. Melt the butter in a pan over a gentle heat and add the eggs, keep stirring with a wooden spoon over a low heat until it starts to thicken and turn creamy, this should take about 3-4 minutes. Take the pan away from the heat while the egg is still quite runny as the heat of the pan will gently finish the cooking. Season with salt and pepper and serve while perfect.

Topping and serving ideas

- crispy bacon or chorizo
- grated cheese
- chives and crème fraiche
- smoked salmon
- cooked mushrooms and pine nuts

Serve in tea cups with toasted soldiers

Ingredients

- 2 potatoes peeled
- 1/2 an onion diced
- 10g butter
- 1/2 tin corned beef cut into small pieces
- 4 large British Lion eggs
- white wine vinegar
- 3 tbsp HP sauce
- 3 tbsp water

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martyn nail's boiled egg with a parmesan shell



This recipe is quite a challenge but the end result not only tastes great but the concept will amuse the big kid in all of us. The eggs are first boiled for a short time and then gently peeled while they are still quite soft then rolled in flour, egg and parmesan breadcrumbs and then quickly deep-fried to crisp up the eggs new 'parmesan shell'.

Method

1. Pre heat a fryer to 180C.
2. Bring a pan of water to the boil and cook the eggs for 3 minutes, cool in cold running water and then tap the shell gently to break it and carefully peel.
3. Once you have peeled your eggs, roll them first in the flour, coating them all over, then into the beaten egg mixture and then finely coat in the parmesan breadcrumbs.
4. When ready to serve, fry the eggs until they are very golden, drain on kitchen paper, cut a little off the base of each so they stand upright and place on plates, using a spoon pull a blob of red pepper essence or tomato sauce to decorate and enjoy.

Ingredients

1 large British Lion egg per person
small amount of flour (100g)
2 large British Lion eggs beaten with a fork
100g dry breadcrumbs mixed with 40g grated parmesan
oil for frying

red pepper essence:

220g jar of roasted peppers
40g sugar
40ml red wine vinegar
60ml water

Or some tomato ketchup

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martyn nail's egg and bacon soufflé with fresh tomato coulis



Perfect for an impressive Sunday brunch, a soufflé can be a daunting task for an accomplished cook but follow these simple steps and you'll be pleased with the results.

Method

Béchamel - the soufflé base

Fry the bacon in a medium frying pan until crisp, add the butter, when melted stir in the flour and cook gently for 2-3 minutes then add the milk gradually, stirring until thickened. Cook over a low heat for 5 minutes, then add the egg yolks, mustard and seasonings and cook for 2 more minutes, pour into a mixing bowl and allow to cool.

For the moulds

Generously butter the edges of the ramekins and then dust the insides with the grated cheese. Place on a oven tray ready to be filled.

For the tomato coulis

In a saucepan gently cook the onion in a little olive oil until soft and add the garlic and then the tomatoes, stir over a gentle heat to reduce the flavours then add the tomato juice and blend with a hand blender.

2nd part of the soufflé

Pre-heat the oven to 180C, using an electric whisk, whisk the egg whites with a pinch of salt and the cornflour until they reach soft peaks. Mix a third of the egg whites into the soufflé base to lighten it and then fold in the remaining whites gently so as not to knock the air out of the mix. Spoon into the ramekins and fill just below the rim. Then using the edge of your thumb run it around the rim of the dishes to prevent the mix sticking.

Place in the oven and bake for 5 minutes or until well risen, serve immediately and pour the tomato coulis into the centre of each soufflé at the table.

Ingredients

Béchamel – the soufflé base

1 rasher of bacon cut into very small pieces
26g butter
60g flour
400ml milk
1tsp mustard
25g grated parmesan cheese
pinch of cayenne and nutmeg
salt and pepper
6 large British Lion egg yolks

For the moulds

20g butter to grease the ramekins
50g fine grated gruyere cheese to line the moulds

For the tomato coulis

1 small onion diced
2 large ripe plum tomatoes (skinned and deseeded)
1/2 clove garlic, chopped
50g tomato juice
salt/pepper

2nd part of the soufflé

6 large British Lion egg whites
pinch of salt
1tsp cornflour

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martyn nail's omelette challenge



An omelette is a wonderful use for three fresh eggs and can be filled with your favourite ingredients, great as a healthy breakfast or light lunch, and a great skill challenge too! Making an omelette is a quick process – so they are great when time is short, remember with this egg dish 'practice makes perfect'.

Method

1. Break three eggs into a bowl, season with salt and pepper and whisk with a fork until all the white and yolk are combined well.
2. Heat your frying pan until quite hot and add (10g) knob of butter, swirl around to grease the pan.
3. Pour the whisked egg into the pan and as the egg begins to set around the edge (about 10 seconds) use a fork in a stirring motion to fold the cooked egg into the centre to allow the egg to cook evenly, moving the pan with your other hand. Once almost set, stop stirring and allow it to form over a gentle heat for a few seconds.
4. Release the edges of the omelette from the pan with the fork and lifting the pan up right away from you, shake the omelette into the edge of the pan to form a pocket to place your filling. Fold in the two edges to form a 'crescent shape' enclosing the filling in the centre. Turn out onto a warm plate.

Ingredients

3 large British Lion eggs
salt and pepper
a little butter

Favourite fillings could be:

wilted spinach and toasted pine nuts
ham and cheese
mushroom and tomato

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martyn nail's perfect poached egg on bagel with tomato and spinach



It is a common question chefs get asked 'How do you make perfect poached eggs?' They are probably one of the more difficult eggs to master. If you are organised and want to guarantee perfection you can make them up to two days in advance and keep them in cold water in the fridge and then re-heat in hot water for 30 seconds when ready to serve.

Method

1. Bring a deep pan of water to the boil (at least 10cm of water) and add 3-4 tbsp of white wine vinegar. If you are not very quick at cracking eggs, you can crack each egg into a small bowl or cup before cooking them.
2. Wait until the bubbles are breaking on the surface and tip in each egg and allow to cook for 1 - 1 1/2 minutes until the white has formed around the yolk, then cook over a gentle heat until they are just firm enough to pick up on the slotted spoon and place in a bowl of cold water.
3. If serving straight away allow to cook for a further minute or longer if you prefer them firmer.
4. To serve toast the bagel, butter lightly with a olive oil based spread and place the sliced tomato around the edge. Sit the hot eggs in the centre of the bagel and drop the spinach leaves and parmesan over the top for a tasty finish to your perfect poached egg.

Ingredients

2 large British Lion eggs per person
white wine vinegar
1 wholemeal bagel cut in half
2 tomatoes sliced
spinach leaves
a few parmesan shavings

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martyn nail's perfect poached eggs with corned beef hash and brown sauce



The homemade corned beef hash in this recipe is a great base for your perfect poached eggs to sit on, and dressing the plate with a lightened brown sauce gives this retro dish a stylish restaurant presentation.

Method

1. Cut the potatoes into a large dice and boil in lightly salted water for about 15 minutes or until tender, drain. In a non stick pan gently fry the onion until soft, add the potatoes and butter, allow to caramelise keep turning them until the mixture looks golden, add the corned beef and cook for a further 3-4 minutes, season with salt and pepper.
2. To poach the eggs, bring a deep pan of water to the boil (at least 10cm of water) and add 3-4 tbsp of white wine vinegar. Wait until the bubbles are breaking on the surface and tip in each egg and allow to cook for 1 - 1 1/2 minutes until the white has formed around the yolk, then cook over a gentle heat until they are just firm enough to pick up on the slotted spoon and place in a bowl of cold water.
3. If serving straight away allow to cook for a further minute or longer if you prefer them firmer.
4. To serve, warm the plates and put a cutter into the centre of a plate and fill with the corned beef hash level off the surface and repeat. If you don't have a cutter place the hash in a neat pile. Sit a hot poached egg on top. Mix the HP sauce with the water and spoon around the plate.

Ingredients

- 2 potatoes peeled
- 1/2 an onion diced
- 10g butter
- 1/2 tin corned beef cut into small pieces
- 4 large British Lion eggs
- white wine vinegar
- 3 tbsp HP sauce
- 3 tbsp water

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tips for perfect breakfast eggs

from Martyn Nail, Executive Chef at Claridge's

Martyn Nail, the Executive Chef at Claridge's, has more than 20 years' experience of cooking hotel breakfasts for the most demanding customers. Each week Claridge's use around 6,500 eggs - that's around 350,000! Below are Martyn's expert tips for perfect breakfast eggs every time.



Perfect poaching

- Use a deep pan of water and add 3-4 spoonfuls of white wine vinegar.
- If you're not very quick at cracking eggs, crack them into a small bowl or cup beforehand so you can get all the eggs into the pan at the same time, allowing you to time the cooking to perfection.
- Plunge your poached eggs into cold water after cooking to set them.

Heavenly omelettes

- Make sure you use a non-stick frying pan.
- Use a fork in a stirring motion to fold the cooked egg into the centre to allow the egg to cook evenly.
- Practice makes perfect!

Beautiful boiled eggs

- Place in cold water and bring to the boil
- When the water is boiling start timing. Three minutes will give you a perfect soft-boiled egg.

Successful scrambling

- A smaller pan is better if you're cooking a small amount so the egg does not cook too quickly.
- Make sure you have your plates and accompaniments ready as the egg will continue to cook when you take it off the heat.
- Some people add water or milk to scrambled eggs but I simply melt a small amount of butter and then add the beaten eggs, and then season with salt and pepper to taste.

Fantastic fry-ups

- The key to the perfect fry-up is all in the timing. The biggest mistake people make is to start cooking before all the ingredients have been prepared.
- A good non-stick pan is a great help.
- Add a little salted butter to a warm pan and allow to just start frying. Crack in the eggs and allow to very gently fry (very lightly bubbling). Spoon the butter over the eggs to aid cooking the top.

For further information please contact the British Egg Information Service on 020 7052 8899

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health facts

Eggs are one of the most nutritious foods money can buy.

They contain a range of nutrients including high quality protein, vitamins and minerals and as they are not high in saturated fat, they are a healthy fast food for all the family.

They're low in calories with only around 80 kcals per medium egg - so they are great if you're on a diet, especially combined with vegetables and salads as part of healthy balanced meals.

Eggs contain many vitamins. In particular, they are a source of various B vitamins and are especially rich in vitamin B2 riboflavin, and vitamin B12. Eggs are also a rich source of vitamin D and they also contain vitamin A.

Eggs contain many essential minerals and trace elements, including phosphorus, iodine and selenium; and iron and zinc are present in smaller amounts.

Cholesterol

Previous limits on egg consumption have been lifted as it is now known that the cholesterol they contain does not have a significant effect on blood cholesterol.

A high level of blood cholesterol increases the risk of heart disease and it was originally thought that eating cholesterol-rich foods was the most important cause of high blood cholesterol levels, and therefore increased heart disease risk.

It is now accepted that only around a third of the cholesterol in the body comes from the diet and it is saturated fat that adversely affects our blood cholesterol levels to a much greater extent than the dietary cholesterol that we consume.

This means that most people can eat eggs without adversely affecting their blood cholesterol levels, provided that it is in combination with a healthy diet, low in saturated fat.

The Lion mark

Always use eggs bearing the Lion mark, which guarantees that they have been produced to the highest standards of food safety. All Lion Quality eggs come from British hens vaccinated against salmonella, are fully traceable and have a 'best before' date on the shell as a guarantee of freshness.



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breakfast habits

People now spend on average only eight minutes on a week day having breakfast compared to 15 minutes 20 years ago.

- On a week day more people eat breakfast in front of the TV (26%) than at the kitchen table (25%). 20 years ago 49% of people had breakfast at the kitchen table and a further 11% in the dining room.
- On a week day 15% of people have only a drink or nothing at all for breakfast.
- 45% of people say they end up snacking mid-morning.
- 67% of people think they have less family time in the morning compared to 20 years ago.



Breakfast food

- A full English is the favourite breakfast to enjoy – 40% of people class it as their top choice to eat at home and 53% when eating out.
- People struggle with basic cookery tasks at breakfast:
 - 33% find it difficult to poach an egg
 - 26% find it difficult to make an omelette
 - 17% find it difficult to boil an egg
 - 17% struggle to make a fry-up
- Black pudding (28%) and kippers (20%) are the most hated breakfast foods.

Celebrity breakfast partners

- When asked which celebrities people would most enjoy having breakfast in bed with the most popular choices were David Beckham and Cheryl Cole. Full results were as follows:
 - David Beckham 24.1% - Victoria Beckham 2.8%
 - Ashley Cole 2.1% - Cheryl Cole 20.8%
 - Peter Andre 8.7% - Jordan 4.0%
 - Gordon Ramsay 13.7% - Tana Ramsay 1.7%
 - Barrack Obama 13.3% - Michele Obama 3.2%
 - Gordon Brown 0.7% - Sarah Brown 0.6%
 - David Cameron 2.7% - Samantha Cameron 1.7%

Research carried out by OnePoll on 2,000 people in June 2009. For further information please contact the British Egg Information Service on 020 7052 8899



prize draw

Sorry, but the competition has closed. Check www.britegg.co.uk for news about the winners.

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