

Oven Baked Eggs with Ham & Cheese

Makes 6 servings

A wonderful, quick and easy breakfast or a lovely lunch it dish. The eggs bake quickly in the oven and stay tender because of the liquid and the fast cooking time. You can put anything with these eggs that you would put in an omelet.

Ingredients

1/3 C	Ham –julienne cut
12 each	Eggs
¼ -1/3 C	Chicken Stock
¼ - 1/3 C	Heavy Cream
1/3 C	Sharp Cheddar Cheese –grated
1 ½ T	Fresh Thyme -picked
1-2 t	Kosher Salt
1t	Black Pepper
	Butter

Method

Preheat oven to 575-600 degrees

- You can use 6 individual ramekins or 1 or 2 shallow baking dishes that the eggs fit snugly into.
- Rub the inside of each vessel completely with butter. If using individual ramekins, distribute the ingredients evenly; or if using a larger vessel, do the same.
- Add the ham then crack in the eggs (2 per ramekin if using individual ones).
- Add even amounts of chicken stock and cream, to come half way up the side of the baking dish. Add the cheese, thyme, salt and pepper to taste.
- Bake in the middle of the oven, turning once, for 5-8 minutes or until the eggs feel firm but not hard, when touched.



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Laura Dewell, May 2006