

Baked Chardonnay Cream Eggs


At Stonehurst Place we cook with Organic ingredients whenever possible.


- 2 tablespoons butter
- ¼ cup chardonnay wine, plus more for additional flavor if desired
- 2 tablespoons all-purpose flour
- 1 cup whole milk
- sea salt and black pepper, to taste
- 1 teaspoon chicken stock paste
- 1 cup half and half cream
- ¼ cup Parmesan cheese, grated
- 8 medium eggs
- 4 butter croissants, warmed or toasted for serving
- chopped parsley, for garnish

Method

1. Preheat oven to 400°F.
2. Melt butter in a 2-quart saucepan over medium heat. Stir in chicken stock paste, then slowly add the flour whisking as you add and stir until flour is incorporated into the butter. Whisk in wine and cook, stirring, until a thick paste is formed. Gradually stir in half and half and milk. Cook, stirring until thickened. Stir in cheese. Season with salt and pepper. ****The recipe can be prepared to this point the night before, covered and refrigerated****
3. Spray 4 individual ramekins with non-stick cooking spray. Spoon a small amount of sauce into each ramekin. Crack 2 eggs into each ramekin. Spoon remaining sauce around the edges leaving yolks partially uncovered to check for doneness.
4. Bake for 15 minutes for soft yolks or until done to your taste. Sprinkle with chopped parsley and serve with a croissant. Some guests eat this from the ramekin it's served in while others open up their croissant and spoon it over.

Notes

 from Barb "Personally, I never cook with any wine I wouldn't drink on it's own!"

 Cook'nWithCaroline Variations and Notes:
 "You can substitute milk for the half and half for a lower fat dish but it will take a little longer for the sauce to thicken. I use the shallow 6-inch flan ramekins as it makes a nicer presentation.
 If you do not have chicken stock paste, substitute ½ Teaspoon poultry seasoning. I also sprinkle a little more grated cheese around the edge before baking."



Servings/Yield

4 servings

NUTRITION FACTS

Servings: 4
Amount Per Serving
 Calories: 614

Total Fat: 35.07g

Cholesterol: 419mg

Sodium: 526mg

Total Carbs: 40.83g

Dietary Fiber: 1.85g

Sugars: 11.22g

Protein: 22.82g