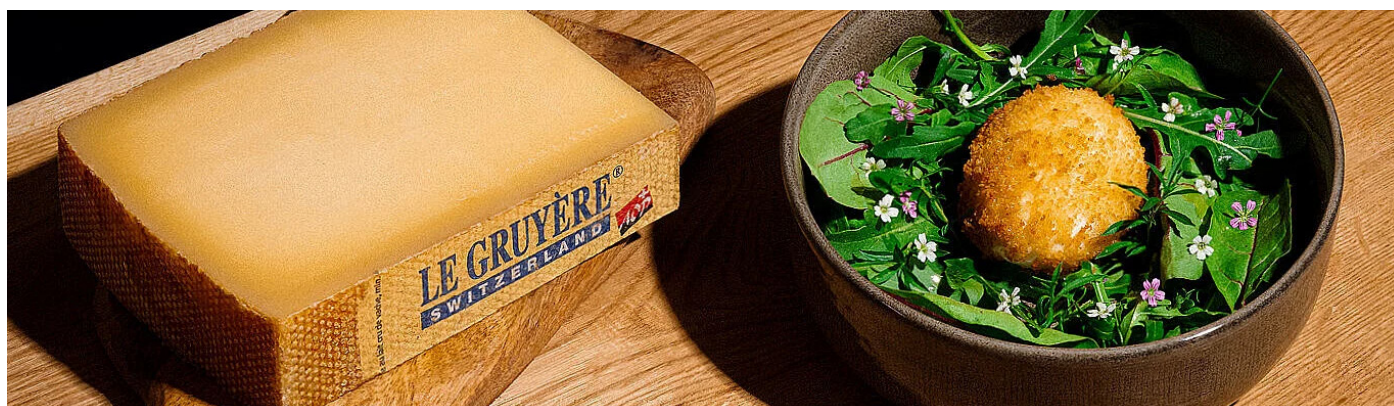


# LE GRUYÈRE AOP

## CRISPY EGGS



Time  
35min



Servings  
1

Calcium Recommended Daily Intake  
14%

Calories

**362**

Calcium

**177mg**

Protein

**17g**

Vitamin D

**77 IU**

### Ingredients

- 1 egg
- 25g whole egg (whisked)
- 12.5g flour
- 25g breadcrumbs
- 100g rapeseed oil (high oleic)
- pinch of salt
- pinch of pepper
- 12g Gruyère AOP

### Instructions

1. Boil the eggs for 5 minutes, then immediately place into iced water.
2. Carefully peel and dry off the eggs.
3. Heat the deep-fry oil (180°C)
4. Place the flour and the whole egg into separate bowls, place the breadcrumbs together with the grated Le Gruyère AOP into a third bowl.
5. Then place the eggs first into the flour, then into the whole egg and finally into the breadcrumb mix.
6. Deep fry the eggs in the oil until golden brown (1-2 minutes).
7. Drain off on kitchen towel, and enjoy either with a salad or with a relish.

**Tip:** Before boiling the eggs, allow the water to come to a bubbling boil, but turn down the heat before you add the eggs so that the eggs do not “dance” inside the pan, which can cause them to break. You may find it easier to peel the shells off the eggs while they are still immersed in the iced water. It's important to make sure that the eggs have cooled completely so that they will peel easily.



Find more calcium rich recipes:  
<https://www.osteoporosis.foundation/patients/recipes>

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