

Baby Ham & Eggs



Serves: 6



Cooking Time: -



Level: Easy



INGREDIENTS

6 quail eggs
6 slices baguette (sliced 1/4" thick) OR 6 slices rustic bread warmed and cut to 1/4" thick and about 2 inches wide
handful of baby arugula
6 thin slices prosciutto (or duck prosciutto to be found in specialty stores – even better!)
sea salt (I used Himalayan Pink -- but any sea salt will do)
pepper
olive oil
squeeze of lemon (optional)

PREPARATION

1. Warm the baguette or rustic bread and cut to indicated size.
2. Place small amount of baby arugula, and prosciutto (folded in fours) on each bread.
3. Fry quail eggs in olive oil over medium low heat, basting yolks gently at end. (They will cook very quickly).
4. Place a quail egg on each bread/arugula/prosciutto portion.
5. Sprinkle with sea salt and a little fresh ground pepper.
6. Add squeeze of lemon and enjoy.