

Avocado Toast with Duck Eggs

A fresh, vibrant, and deeply satisfying breakfast elevated by rich poached duck eggs.

PREP TIME

10 Minutes

COOK TIME

5 Minutes

SERVES

1-2

INGREDIENTS

1 Large Avocado

¼ to ½ Garlic Clove

1-2 tsp Fresh Squeezed Lemon

⅛ tsp Salt

Pinch Hot Crushed Red Pepper

1 Thick Slice Sourdough Bread

2 Duck Eggs

1-2 Twists Fresh Ground Pepper

DIRECTIONS

STEP 1

With a fork or potato masher, smash together all ingredients except the duck eggs and sourdough toast. Taste and adjust for salt, garlic, and lemon, depending on the size of your avocado and personal preferences.

STEP 2

Toast or broil your sourdough bread. Alternatively, you can grill or griddle your bread on a pan with a light smear of olive oil and a sprinkling of sea salt for an extra delicious crunch.

STEP 3

Poach your duck eggs in gently simmering water for about 4-5 minutes until the whites are fully set but the yolk remains warm and runny.

STEP 4

Spread the seasoned avocado mixture evenly on top of your toasted bread. Top with the warm poached duck eggs. Season with additional salt and a twist or two of fresh ground pepper if desired. Serve immediately.

Chef's Note: Removing the tiny green germ from the center of the garlic clove makes the raw garlic significantly less bitter, milder, and much more palatable for a raw mash like this.