

Eggs Saumur

For 8 people

First Step

- 1/2 cup Flour
- 12 eggs. Separate whites from yolk, whip whites, fold in last
- 2 tablespoons salt
- 1 teaspoon Thyme
- 1 tablespoon Coleman's dry mustard. Mix in a little water before adding to eggs

Second Step

- 1 cup -Ham or Bacon, cubed
- 1 cup -Yellow or Red Bell Pepper, chopped
- 1 cup -Green Zucchini, chopped
- 1 cup -White Mushrooms, chopped
- 1/3 cup -Spring Onions, chopped
- 1 cup -Cherry Tomatoes, diced
- 1/2 cup crumbled blue cheese
- 2 cups French Emmenthal Cheese grated

Oven Dishware

- 2 Large cupcake pans – 6 to a pan

PREPARATION

1. Heat the oven to 370 degrees and set the rack in the middle.
2. Combine the flour, Salt, Thyme, stirring vigorously by hand. Add the eggs until the mixture is fully mixed. It should be a little stiff, not thin. Set the bowl aside.
3. Chop up the vegetables. Cub the Ham.
4. Sautee the vegetables for a couple of minutes.
5. Add the vegetables, 1 1/2 cup cheese & ham into bowl. Fold whites in until integrated
6. Spray the cupcake pans with Pam.
7. Spoon into the cupcake bowls the ingredients so they are 1/2 inch from the top
8. Put the cupcake pans into the oven, set timer for 30 minutes. When the timer goes off, stick a knife into one to see if it has liquid and the tops are a little brown. If they are very moist, put them back into the oven and set the timer for 5-10 minutes and check again.
9. Once out of the oven, let them firm up for a couple of minutes, then serve.
10. **Sauce:** Use the remaining Emmenthal and blue cheese in a sauce pan with 1/4 cup of cream, cooking on stove until it almost bubbles.
11. When serving, put a spoonful of the sauce, place the cake on top of it, then drizzle sauce over one side of the cake.