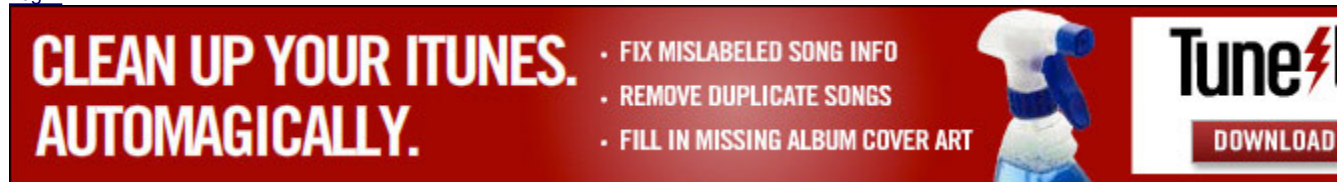


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Eggs en Cocotte (Baked Eggs in Ramekins)

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30 mins total 15 mins prep

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4

Servings

Ingredients

- [Butter](#) to coat ramequins
- Sea [salt](#) and freshly ground black [pepper](#), to [taste](#)
- 1-2 ounces [watercress](#) (optional)
- 1/3 cup [cheddar cheese](#), finely grated
- 4 jumbo, free-range [eggs](#)
- 3 tablespoons heavy [cream](#)

Directions

- Preheat the oven to 350°F.
- Generously coat the inside of the [ramekins](#) with butter. Sprinkle salt and pepper evenly into the ramekins.
- If using, rinse the watercress and place it in a saucepan without [water](#). [Cook](#) briefly over a medium heat until the leaves collapse but are still bright green. Then blend the leaves to a purée and divide between the ramekins.
- Sprinkle half of the [grated cheese](#) over the purée and break an egg into each ramekin. Now pour cream on top. Sprinkle the rest of the cheese over the cream.
- Stand the ramekins in an oven-proof dish and add enough [boiling](#) water to come half-way up their sides. [Bake](#) for 12 to 15 minutes for soft eggs, or 18 minutes if you prefer them set.
- Cook's tip: Watercress seed is freely available and the plant is easily grown in shallow, running water. Plant your own around a water feature or a small pond in your garden and harvest as required. There's a health bonus in it too watercress is packed with [vitamin C](#) and iron.

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