



Charred Breakfast Salad with 5 Minute Egg

Recipe by Maricela Vega of 8ARM

9/21/19

Yield: 4 servings // 15min to prep n serve

Dressing: (combine and macerate while you char your veggies and prep eggs)

| | | |
|----------|---|------------------|
| 6 cloves | garlic, microplaned | HEIRLOOM GARDENS |
| 2 | jalapeños, charred then minced into small pieces | HEIRLOOM GARDENS |
| ¼ cup | Cherokee moon mixology Sumac and Sorghum vinegar* | |
| 2 TBL | honey | DANCES WITH BEES |
| 1 oz. | sunflower seed oil | |
| ½ oz | okra seed oil to finish | |
| 2 TBL | Himalayan salt | |

* Or try PIEDMONT PROVISIONS herbal vinegar

Salad base:

| | | |
|-------|-------------------------------------|------------------------|
| 1 | cucumber; charred, 1/2 moon chunks | MCMULLAN FAMILY FARM |
| 8 | okra, charred | RODGERS GREENS & ROOTS |
| 2 | heirloom tomatoes; sliced in 8ths | HEIRLOOM GARDENS |
| ½ lb. | lettuces | RODGERS GREENS & ROOTS |
| ¼ lb. | arugula | MCMULLAN FAMILY FARM |
| | Handful of holy basil | |
| | Handful of sorrel or roselle leaves | GREEN OLA ACRES |
| 4 | eggs | WOODSONG FARM |

5min egg: (start while you char your veggies)

- 1) Bring water to a boil, drop 4 eggs in, time for 5 minutes.
- 2) Have a container of water and ice ready to cool eggs, peel shells.
- 3) Serve with side salad and enjoy.