

## BREAKFAST OF CHAMPIONS

This recipe is pretty self-explanatory and I trust that even the casual observer will clearly see how great it is by simply reading through it. You make a very high-quality relish in your potjie on the fire and then you poach some eggs in this relish. Simple as that.

### WHAT YOU NEED

(feeds 4–6)

2 tots olive oil  
1 red onion (sliced)  
1 red pepper (sliced)  
2 garlic cloves (crushed and chopped)  
½ tsp cayenne pepper (or chilli powder)  
1 tsp paprika  
1 punnet (250 g) cherry tomatoes (halved)  
1 tub (200 g) feta cheese (Danish style works best for this one)  
6 jumbo eggs (the biggest eggs you can find)  
salt and freshly ground pepper  
handful of basil leaves (chopped or torn into smaller pieces)  
bread slices (toasted on the fire, to serve)

### WHAT TO DO

1. In your no. 10 flat-bottomed potjie, heat the oil, onion and pepper for a few minutes.
2. Add the garlic, cayenne pepper and paprika and fry for another minute.
3. Add the tomatoes and mix it all together. Let it simmer, covered with the lid, for about 10 minutes so that all the flavours can socialise and get to know each other.
4. Crumble all the feta evenly into the potjie on top of the tomato mixture.
5. Now use your wooden spoon and make six dents or hollows in the relish, big enough for an egg. Break an egg into each hole. And I mean break the shell and gently decant the actual egg into the relish, taking care not to break the egg yolks.
6. Season with salt and pepper and close the lid. Leave to cook for about 6 minutes on flames or coals. The relish needs to bubble as that will cook the eggs, so the heat can be high. The meal is ready when the egg whites are mostly cooked and the yellow still mostly soft. There is no harm in lifting the lid and peeking inside the potjie to see when and whether this is done.
7. Sprinkle with the basil leaves and serve immediately; this is not a meal that needs to rest before serving

AND ...

Serve with fire-toasted bread or, for bonus points, roosterkoek.