THE WORLD RECORD EGG THAT SHOULD'VE BEEN | THE JOSE ANDRES OLIVE OIL FRIED EGG

This is the world record egg that should've been, The Jose Andres Olive Oil Fried Egg. If there is an egg recipe that should garner as much attention as this terrible world record egg did, it's this one. It's basically a fried egg cooked in hot oil till it becomes a puffy cloud of egg. It's like poached eggs but fried in hot oil. The idea is to have the fried eggs whites engulf the yolks, protecting them so they stay runny. It's quite delicious if you nail it. They cook quickly so be careful with this one. You can find Jose Andres making this on the Late Show with Stephen Colbert.



https://www.notanothercookingshow.tv/olive-oil-fried-egg

INGREDIENTS
• 1 Egg • 4 Tablespoons of cooking Olive Oil • Sea Salt • Good Quality Finishing Olive Oil for garnish

DIRECTIONS
In an 8-inch non-stick (I'm sure it works in a cast iron but its easier in a non-stick), add all the 4 tablespoons of olive oil and get that up to frying temperature. If you stick a wooden spoon into the oil, the oil should sizzle around the spoon pretty rigorously.
This whole process is going to take 30-40 seconds max if the oil is hot enough. Crack an egg into the small ramekin.
Tip the pan 45 degrees away from you. That little curve in the pan is going to help shape the egg the way you want to.

Then drop the egg into the hot oil. The egg should start to bubble up and there may be a little splattering of oil so be very very careful. Have the pan tilted the entire time.
Use a spoon to spoon the hot oil over the eggs whites for about 10 seconds, and then start to try and fold the egg white over the yolks. At some point the egg whites will start to stick together, sealing in the egg yolk. Think poached egg, except in hot oil and fried. Keep spooning over the hot oil until its been cooking like that for about 30 seconds. Then flip it over to kiss the other side with heat and seal the whites. I was working with cameras and taking phones so the egg sat in the pan for an extra few seconds and as you'll see in the video, is runny, but it not as runny as I wanted. But I know a lot of people like their egg a little less runny, so keeping it on the heat an extra few seconds may be up your alley. Otherwise, the egg is done. It should be slightly puffy with a light brown on the egg white and the egg should be runny to your liking.
Transfer it to a paper towel-lined plate. Finish with a really good quality olive oil and really good sea salt.