

Savory Egg Cups

This recipe is very easy to make. I adjusted it from the recipe Amy downloaded from the great youtube channel KetogenicWoman, with Anita: <https://www.youtube.com/c/KetogenicWoman>. She has heaps of recipes and also a website at <https://ketogenicwoman.com>.

Ingredients:

Seven eggs

Five tablespoons of unsalted butter

50g (2 oz) of cream cheese or cottage cheese [I usually add more cream cheese, but that's me.]

50g (2 oz) of grated cheese – I like very sharp cheddar, grated, but you can also use fresh parmesan or another strong cheese, such as Stilton, or mixed Stilton and cheddar

Salt and pepper to taste

Optional: pinch of cinnamon or nutmeg, or a sprinkle of smoked paprika over the top

A little bacon, turkey bacon, or smoked salmon

Equipment: four 5oz ramekins, one square 8" x 8" pan with fairly high sides

Method:

1. Place all ingredients in a large mixing bowl that will prevent eggs and other ingredients from splashing out when you use an immersion blender. Add salt and pepper to taste. Liquify the mixture -- I like using my Ninja NutriBullet for this part, in the larger cup.
2. If you have a silicone egg-bite accessory for your InstantPot, pour egg mixture into two of the cups. Cover the remaining mixture and put in fridge. If you don't have those silicone egg bites cup, you could put in any 6-8 oz heatproof container and set in the InstantPot.
3. Set on pressure cook for 6 minutes, let it do a five-minute natural release, then remove the lid. Take out, let cool for five minutes, and dig in!
4. Alternate cooking method:
5. Butter four ramekins and place in a deep square baking dish. Ladle equal portions into each ramekin and top with grated cheese. Pour boiling water to halfway up the sides of the ramekins. Pop in a countertop oven – again, I have a Ninja oven – and set to bake at 350°F for 20 minutes. Pull out of the oven and (using tongs) move the ramekins to a cooling rack.
6. Eat warm or cold. Store covered in the fridge. You can warm up a single cup in the microwave for 30-40 seconds to take off the chill, and you can add a little more grated cheese and run it under the grill for a few minutes to make the top a little crunchy.