

## Egg Salad Bagel (or Sandwich)

Deeply satisfying, nutritious, filling - and so much better than anything you can buy at the store.

Ingredients *Makes 2 generous bagels (or sandwiches)*

### *For the egg salad*

4 hard-boiled eggs, peeled (method follows)  
1 celery stick, finely chopped  
1 green onion (scallion), finely chopped  
3 tbsp [45 ml] flat-leaf parsley, finely chopped  
4 tbsp [60 ml] mayonnaise  
1 tsp [5 ml] Dijon mustard  
1 tsp [5 ml] grainy Meaux mustard  
½ tsp [2.5 ml] curcuma  
Freshly ground black pepper and a good pinch of fleur de sel

### *For the sandwiches*

2 toasted bagels (or 4 pieces of toasted bread)  
Lettuce leaves

### Method

Chop – don't mash – your eggs roughly into ¼-inch cubes. Don't get all meticulous about it; what you want is to get them to small (but not miniature) pieces so you can still feel the texture in your sandwich. The yolks will probably break into smaller pieces, but it's ok because they will blend into the liquid ingredients anyway.

Put your chopped eggs in a big bowl and mix thoroughly with all the other egg salad ingredients. Add the fleur de sel last so that it keeps its nice and crunchy texture in the salad. Mix well until you see the salad is creamy and has reached its typical bright yellow color.

Toast the bagels (or the bread); wash your lettuce leaves. Spread a nice and thick layer of egg salad on a bagel half, garnish with lettuce and enjoy.

### **Fool-Proof Hard-Boiled Eggs**

Put however many eggs you want to cook in a casserole (don't overcrowd it; the eggs should fit in a single layer). Cover with cold water. Put your casserole on medium-high heat and bring to a boil. As soon as the water boils, take your casserole off the heat, put a lid on and let your eggs rest in the hot water for 15 (medium to large eggs) to 20 minutes (extra-large eggs). Crank a timer as you don't want to leave your eggs in for any longer. Once they're cooked, drain the hot water, rinse your eggs under cold water, then fill your casserole with cold water and let your eggs cool in there. Store them in the refrigerator in their shell, an airtight container, until ready to use.

*A tip:* If your eggs are really hard to peel, it's probably because they're too fresh. The shell of a fresh egg tends to stick to the cooked egg white, making it hard to peel without damaging the egg. It's not so bad when you want to make an egg salad, but if you want to showcase them, buy your eggs in advance. It's best to hard-boil eggs that are a week old or more.

