



soft-boiled pastured egg yolk with grated liver and sea salt

This meal is where it all began for my little ones. While this dish may not sound appetizing to an adult or a child who has never had it, these nutrient-rich egg yolks are creamy and delicious with a salty bite from the liver and sea salt. Egg yolks from pastured hens are rich in the cholesterol needed for brain development and have the same kind of omega-3 fatty acids found in mother's breast milk. Grated liver right from your freezer is easily added as an iron-rich component to the meal. This recipe makes one portion for baby.

1 pastured egg

Pinch of grated liver

Sea salt

soft-boil method in an electric steamer

Place the egg in your steamer and cook for 10 to 11 minutes. Every steamer releases steam a little differently, so you can start at 10 minutes and go from there. If your yolk comes out too hard, just add a splash of breast milk or water to it to mash it up.

Place the cooked egg into a bowl of cold water to stop the cooking and cool it so you can handle it.

soft-boil method in a pot of water

Fill a small or medium pot with water $\frac{3}{4}$ of the way up and bring to a boil. Using a slotted spoon, lower the egg into the boiling water and put the lid on the pot. Set your timer for 5 minutes. After 5 minutes, use a slotted spoon to take the egg out and place it in a bowl of cold water to stop the cooking and cool it so you can handle it.

After the egg is cool to the touch, crack the top, peel away the shell and white, and pour or scoop out the yolk into a small bowl or cup. Add a pinch of grated liver and sea salt, stir to combine and serve warm to baby.

notes: You can lightly sauté some liver in butter and freeze it in ice cube trays for quick and easy access for the egg prep. If you do not have access to a quality source of liver, simply omit this part or buy grass-fed desiccated liver capsules and pour that over the egg.

This meal does not freeze well. Time this feeding when you can be at home so you can serve it right away. You can keep any leftovers in the fridge for the same day, but after that the egg yolk should be used up. If I have anything left, I might stir it into another baby food puree to serve that day, add it to a smoothie for myself or scramble it into an egg for myself or another family member.