

Country Poke Salat & Eggs: A Southern Foraged Classic

is a traditional dish rooted deep in



TIME
45 min

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INGREDIENTS

1 large bunch of poke salat (young, tender leaves only)
3 to 4 large eggs
½ lb thick-cut smoked bacon
1 medium red onion, diced
1 tsp lard (or bacon grease)
Salt, to taste
Black pepper, to taste
Crushed red pepper flakes, to taste

DIRECTIONS

1. Pick & Prepare the Poke Salat: Choose young poke leaves, small and tender. Rinse thoroughly and remove any stems or mature veins.
2. In a pot, parboil the greens in water for about 15 minutes. Drain and rinse thoroughly with cool water.
3. Boil a second time with fresh water until the leaves are very tender (another 10-15 minutes). Drain completely and set aside.
4. Cook the Bacon & Onion: In a large skillet, cook ½ lb bacon until crispy. Remove bacon, reserving drippings in the pan.
5. Add diced red onion to the hot fat and sauté until soft. Add 1 tsp lard (or more bacon grease) for extra richness.
6. Cook the Greens & Eggs: Add the boiled, drained poke salat to the skillet. Stir well to coat in the fat and onions.
7. Crack in the eggs directly over the greens. Stir and scramble until eggs are fully cooked and mixed with the greens.
8. Finish & Season: Crumble the bacon back into the skillet. Stir everything together.
9. Taste and season with:
10. Salt
11. Black pepper
12. Crushed red pepper, if desired
13. Serve hot!

TIPS FOR SUCCESS

Always double boil poke salat and drain well-this is not optional.

Use smoked bacon for the best flavor base.

Don't skimp on the lard or drippings-it gives the dish its signature taste .

Make it a meal by serving with cornbread or grits . ?

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