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Slow-Smoked Ham & Eggs with Provençal Potatoes ♦

Slow-smoked ham and eggs served with crispy Provençal potatoes. This classic breakfast dish is a hearty and flavorful way to start your day. The ham is smoked to perfection, giving it a rich and smoky flavor that pairs perfectly with the creamy eggs. The Provençal potatoes are seasoned with aromatic herbs and spices, adding a burst of flavor to every bite. Whether you're enjoying a leisurely weekend brunch or a quick weekday breakfast, this dish is sure to satisfy.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 60 mins

Total Time: 75 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

500 g	Ham
8 units	Eggs

800 g	potatoes
4 tbsp	olive oil
4 cloves	garlic
2 tsp	Thyme
2 tsp	Rosemary
2 tsp	salt
1 tsp	black pepper

Directions

Step 1

Smoking

Preheat the smoker to 225°F (107°C).

Prep Time: 10 mins

Cook Time: 127 mins

Step 2

Smoking

Place the ham on the smoker and smoke for 4 hours.

Prep Time: 0 mins

Cook Time: 127 mins

Step 3

Oven

While the ham is smoking, prepare the Provencal potatoes. Preheat the oven to 425°F (220°C).

Prep Time: 5 mins

Cook Time: 30 mins

Step 4

Oven

Cut the potatoes into small cubes and place them on a baking sheet. Drizzle with olive oil, garlic, thyme, rosemary, salt, and black pepper. Toss to coat evenly.

Prep Time: 10 mins

Cook Time: 30 mins

Step 5

Oven

Roast the potatoes in the preheated oven for 25-30 minutes, or until golden and crispy.

Prep Time: 0 mins

Cook Time: 30 mins

Step 6

Remove the ham from the smoker and let it rest for 10 minutes before slicing.

Prep Time: 0 mins

Cook Time: 10 mins

Step 7

Frying

In a separate pan, fry the eggs to your desired doneness.

Prep Time: 0 mins

Cook Time: 10 mins

Step 8

Serve the sliced ham and fried eggs with the Provencal potatoes. Enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 400 kcal

Fat: 15 g

Protein: 30 g

Carbohydrates: 30 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	30 g	176.47%	176.47%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%
Fibers	4 g	10.53%	16%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	8 g	N/A	N/A
Saturated Fat	6 g	27.27%	35.29%
Fat	15 g	53.57%	60%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Cholesterol	400 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	30 mcg	1250%	1250%
Vitamin E	6 mg	40%	40%
Vitamin D	15 mcg	100%	100%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	1000 mg	43.48%	43.48%
Calcium	10 mg	1%	1%
Iron	15 mg	187.5%	83.33%
Potassium	800 mg	23.53%	30.77%
Zinc	20 mg	181.82%	250%
Selenium	40 mcg	72.73%	72.73%

Recipe Attributes

Seasonality

Spring Summer Fall

Events

Christmas Easter Thanksgiving Birthday Wedding Halloween
Valentine's Day Mother's Day Father's Day New Year Anniversary
Baby Shower Bridal Shower Graduation Back to School Barbecue Picnic

Meal Type

Breakfast Brunch Lunch Dinner Snack Supper

Difficulty Level

Easy

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