

Onsen Egg on Avocado Tartare

Cuisine: **German**

Food category: **Eggs**



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Program steps

1

Steaming
 Termination by time
 00:45 hh:mm
 64 °C
 50 %

Ingredients - number of portions - 4

Name	Value	Unit
chicken eggs	4	pcs
avocado	2	pcs
red onion	1	pcs
capers	10	g
fresh chilli	1	pcs
Garlic cloves	1	pcs
cucumbers pickled	1	pcs
dijon mustard	30	g
balsamic vinegar	30	ml
4 tble spoons Olive Oil	20	ml
Lemon	1	pcs
Salt	4	g
whole black pepper	2	g
toast	4	pcs

Nutrition and allergens

Allergens: 1, 10, 3

Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Ph, Se,

Sodium: 38758 mg, Zn

Vitamins: A, B, C, D, E, K, Kyselina listová

Nutritional value of one portion	Value
Energy	13.7 kJ
Carbohydrate	0.8 g
Fat	0.7 g
Protein	0.7 g
Water	0 g

Directions

For the avocado tartare, first finely dice the red onion and the capers.

Remove the seeds from a fresh chili pepper and finely dice it, as well as the garlic clove. Mix everything with Dijon mustard, balsamic vinegar, olive oil, salt, and pepper, and add the juice of the lemon.

Peel the mini cucumber and finely dice it, then combine it with the finely diced avocado and the dressing - being careful not to damage the structure of the ripe avocado too much. Season to taste and place in the refrigerator.

The eggs should be at room temperature, and the cooking time is based on medium-sized eggs. Due to the low cooking temperature, fresh eggs should be used, and preferably organic eggs from free-range hens for better flavor.

Now, cook the eggs at 64°C for 45 minutes in steam mode. Shortly before the cooking time ends, toast or grill the bread and place the tartare on top.

Carefully crack the eggs open; the egg white should not be denatured - gently remove this and place the yolk, which now has a waxy consistency, onto the tartare.

Sprinkle some freshly ground pepper and freshly ground salt, along with chopped parsley, over it.

Recommended accessories



Stainless wire shelving