

Onsen egg on avocado tartare

Cuisine: German

Food category: Eggs

Author: Janine Kühn

Company: Retigo DE



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
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, 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 cut the red onion into fine cubes and the capers as well.

Remove the seeds from a fresh chili pepper and cut it into small cubes and dice the garlic clove finely as well. Mix everything with Dijonaise, balsamic vinegar, olive oil, salt and pepper, add the lemon juice.

Peel and finely dice the mini cucumber, mix together with the finely diced avocado and the dressing - make sure that the ripe avocado does not lose too much of its structure. Season everything to taste and chill.

The eggs should be at room temperature; the cooking time is based on medium-sized eggs. Because of the low cooking temperature, fresh eggs should be used and, not least because of the taste, organic eggs from free-range chickens.

Now cook the eggs at 64°C for 45 minutes in steam mode.

Shortly before the end of the cooking time, toast the bread and put the tartare on top.

Crack the eggs carefully; the egg whites should not be denatured yet - carefully remove them and place the egg yolks, which now have a waxy consistency, on the tartare.

Add some freshly ground pepper and freshly ground salt and chopped parsley on top.

Recommended accessories



Stainless wire shelving