

Jelly Eggs in Meurette Sauce

Cuisine: **French**

Food category: **Eggs**



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Program steps

Preheating: 220 °C

1 Bacon

Combination
 20 %
 Termination by time
 00:03 hh:mm
 200 °C
 60 %

2 Toast

Combination
 25 %
 Termination by time
 00:02 hh:mm
 200 °C
 50 %

3 Gelee Eier

Steaming
 Termination by time
 00:30 hh:mm
 64 °C
 60 %

Ingredients - number of portions - 5

| Name | Value | Unit |
|--------------------------|-------|------|
| pancetta | 100 | g |
| shallot | 100 | g |
| garlic | 2 | pcs |
| carrot | 70 | g |
| parsley root | 70 | g |
| floury potatoes | 100 | g |
| brown sugar | 12 | g |
| strong burgundy red wine | 700 | ml |
| beef stock | 200 | ml |
| fresh thyme | 2 | g |
| plain wheat flour | 10 | g |
| bacon slices | 10 | pcs |
| whole black pepper | 1 | g |
| chicken eggs | 10 | pcs |
| toast | 10 | pcs |
| clarified butter | 100 | g |
| fresh baby spinach | 50 | g |
| rocket leaves | 50 | g |
| chervil | 15 | g |
| sprig of parsley | 15 | g |
| butter soft | 10 | g |

Directions

Jelly-Eggs in Meurette sauce with bacon and toast:

This dish has its origins in classic Burgundian cuisine (poached eggs in red wine or Burgundy sauce), although the Meurette sauce is relatively clear and clearly defined. In this recipe, the poached egg is replaced by a jelly egg - following the example of a broth with egg - the Meurette sauce is slightly modified and everything is served with bacon and toast.

First, render the bacon in a non-stick pot, then sweat the shallots until translucent, add the carrots and parsley root and briefly sauté, allowing to caramelize slightly with sugar. Deglaze with red wine and flambé. (Caution: small flame), after flambéing, add the potatoes and broth and let simmer until everything is cooked and soft. Flavor with thyme leaves and garlic, then bind with cold beurre manié to the desired consistency and keep warm.

Bacon:

Per person, season 2 slices of bacon with coarse pepper and then grill on a non-stick grill plate as described in step 1.

Toast:

Nutrition and allergens

Allergens: 1, 3, 7

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

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

Nutritional value of one portion

Value

| | |
|--------------|--------|
| Energy | 337 kJ |
| Carbohydrate | 13.7 g |
| Fat | 30.8 g |
| Protein | 5.4 g |
| Water | 0 g |

For each serving, cut half a slice of toast into triangles and then halve again into two smaller triangles. Spread these with clarified butter and also grill on a non-stick grill plate according to program step 3.

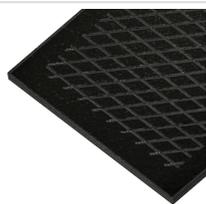
Jelly Eggs:

The eggs are poached in a combi-steamer at a very low temperature for an extended period as described in program step 2. Accordingly, only very fresh organic eggs are to be used. The cooking time depends on the total weight of the eggs; for each gram of egg, they are steamed for 40 seconds at 64°C.

Decoration:

The eggs are now placed into the sauce and garnished with the toast as well as fresh young spinach, arugula, chervil, and parsley.

Recommended accessories



Vision Grill