

Jelly Oeufs en Meurette

Cuisine: French

Food category: Eggs



Author: Retigo Team Deutschland

Company: RETIGO Deutschland GmbH



Program steps

Preheating: 220 °C

1 Bacon



2 Toast



3 Gelee Eier



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 finds 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 with a jelly egg - in the style of a bouillon with egg - the Meurette sauce is slightly changed and everything is served with bacon and toast.

First, leave out the bacon in a coated pot, then sweat the shallots until translucent, then add the carrots and parsley root and let them sweat briefly, caramelize slightly with sugar. Deglaze with red wine and flambé. (Be careful with a slight flame), after flambéing, add the potatoes and broth and simmer until everything is cooked and soft. Scent with thyme leaves and garlic, then thicken with the cold flour butter to the desired consistency and keep warm.

Bacon:

Season 2 slices of bacon per person with coarse pepper and then grill on a coated grill plate as described in step 1.

Toast:

For each serving, half a slice of toast is cut into triangles

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

and halved again to make two smaller triangles. Brush these with clarified butter and grill them on a coated grill plate in the combi steamer according to program step 3.

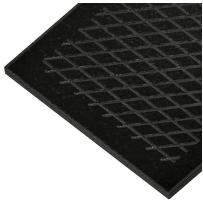
Jelly eggs:

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

Decoration:

The eggs are now added to the sauce and served with the toast and fresh, young spinach, rocket, chervil and parsley.

Recommended accessories



Vision Grill