

Blanched green asparagus with egg foam, bacon powder

Cuisine: **Czech**
Food category: **Pork**



Author: **Jaroslav Mikoška**
Company: **Retigo**



Program steps

Preheating: 99 °C

1

Steaming

Termination by time

00:04
hh:mm

99 °C

50 %

2

take out the asparagus and place the vacuum bag in

Steaming

Termination by time

00:25
hh:mm

75 °C

50 %

3

take out the cooked eggs and place the tray with parma ham in

Hot air

0 %

Termination by time

01:00
hh:mm

80 °C

50 %

Ingredients - number of portions - 8		
Name	Value	Unit
green asparagus	40	pcs
chicken eggs	6	pcs
butter soft	40	g
milk 3.5%	30	ml
double cream	35	ml
parma ham slices	10	pcs
salt	1	g
freshly ground black pepper, ground	1	g
chives	5	g
chicken eggs	0	g

Nutrition and allergens	
Allergens: 3, 7 Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn Vitamins: A, B, B6, C, Cholin, D, E, K, Kyselina listová	
Nutritional value of one portion	Value
Energy	38.1 kJ
Carbohydrate	0.1 g
Fat	4.2 g
Protein	0.1 g
Water	0 g

Directions

1. Set the oven on steam at 99°C.

2. Season the asparagus and blanche 4 minutes or until tender. Chill in iced water or in a blast chiller.

3. In a bowl mix eggs, milk, cream and melted brown butter. Season with salt and vacuum seal.

4. Set the oven on steam at 75°C and cook for 25 minutes.

5. Transfer cooked eggs into an espuma gun and charge with two gas cartridges. Keep in a warm place.

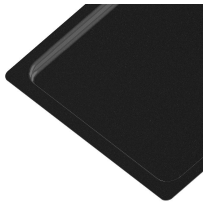
6. Set the oven on dry heat at 80°C.

7. Lay out the Parma ham on a baking tray and dehydrate for 1 hour or until it crisps.

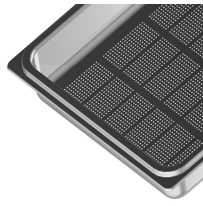
8. In a blender, blitz to a powder.

9. Reheat the asparagus and plate. Spray the egg foam onto the asparagus and garnish with bacon powder and chives.

Recommended accessories



Vision Bake



GN container Stainless
steel perforated