Retigo Combionline | Cookbook | Vegetables 12. 4. 2021

Vegetable poached egg

Cuisine: Other

Food category: Vegetables

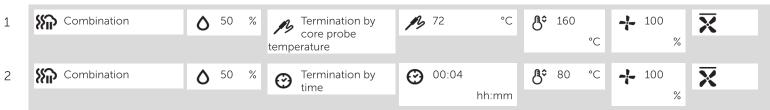


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Program steps

Preheating: 115 °C



Ingredients - number of portions - 8

Name	Value	Unit
extra virgin olive oil	30	ml
onion	2	pcs
chili powder	10	g
green paprika	1	pcs
garlic cloves, finely chopped	4	pcs
tomato puree	50	g
tomato	2	kg
vegetable broth	500	ml
bay leaf	1	pcs
caster sugar	15	g
salt	1	g
caraway seeds	15	g
freshly ground black pepper, ground	1	g
ground caraway	10	g
spinach leaves	500	g
chicken eggs	8	pcs

Nutrition and allergens

Allergens: 3

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

Vitamins: A, B, B6, C, D, E, K, Kyselina listová

Directions

- 1. Soften the onions in a Dutch oven over medium heat. Add the bell peppers and sauté for a few minutes until soft. Add the garlic and concentrated tomatoes and keep going over medium heat for another couple of minutes.
- 2. Crank up the heat, add the sugar and deglaze with a bit of vegetable stock.
- 3. Add the ripe tomatoes, peeled, seeded, diced the rest of the stock, the bay leaf and all the spices.
- 4. Lower the heat before the pot starts boiling and simmer for 30 minutes.
- 5. Correct seasoning and refrigerate overnight.
- 6. Set the oven on combi at 100°C.
- 7. Add the spinach leaves to the cold shakshouka and insert the core probe.
- 8. Set the oven to core probe temperature of 72°C.
- 9. As soon as the signal for the desired core probe temperature goes off, set the chamber temperature at 80°C and quickly crack the eggs open into the shakshouka ensuring they are well spaced-out and do not break.
- 10. Keep cooking for a further 3–4 minutes and serve.

Nutritional value of one portion	Value
Energy	91.2 kJ
Carbohydrate	14.3 g
Fat	1.4 g
Protein	4.4 g
Water	0 g

Recommended accessories

