Vegetable poached egg

Cuisine: **Other**
Food category: **Vegetables**

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Program steps

Preheating:	115 °C

1	Combination	⬤	50	%	Termination by core probe temperature	72	°C	160	°C	100	%	
2	Combination	⬤	50	%	Termination by time	00:04	hh:mm	80	°C	100	%	

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
cloves garlic, 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
ground black pepper, ground	1	g
ground caraway	10	g
spinach leaves	500	g
chicken eggs	8	pcs

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.

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

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

Enameled GN container