

Confit yolk

Cuisine: **Czech**Food category: **Eggs**Author: **Jakub Svoboda**Company: **Retigo**

Program steps

| | | | | | | | |
|---|---------|-------|---------------------|-------------|-------|-------|--|
| 1 | Hot air | 100 % | Termination by time | 00:30 hh:mm | 65 °C | 100 % | |
|---|---------|-------|---------------------|-------------|-------|-------|--|

Ingredients - number of portions - 10

| Name | Value | Unit |
|----------------|-------|------|
| egg yolk | 10 | pcs |
| lard | 500 | g |
| herbs to taste | 10 | g |
| garlic | 10 | g |

Directions

Melt the lard with herbs and garlic. Add the beaten egg yolks to the warm lard and confit the entire bath according to the settings above. If you want the yolks not to be runny when you bite into them, extend the time to 45 minutes. You can also smoke the yolks using the Vision smoker.

Nutrition and allergens

Allergens:

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

Vitamins: A, B, C, E

| Nutritional value of one portion | Value |
|----------------------------------|--------|
| Energy | 1.3 kJ |
| Carbohydrate | 0.3 g |
| Fat | 0 g |
| Protein | 0.1 g |
| Water | 0 g |

Recommended accessories



Vision Pan



Vision Smoker