

Poached Egg

A. Caminada



To prepare the poached egg

Cook the eggs whole on the steam setting at 62 °C for 40 minutes. Shell before serving.

To prepare the potato spoom

Peel and dice the potatoes and boil in salted water. Then drain, allow any excess water to evaporate and press the potatoes through a fine sieve. Add the butter, salt, pepper and nutmeg to the milk/cream mixture and bring to the boil, add to the puréed potatoes and stir until smooth. The mixture should have the consistency of a potato soup; add a little more cream or milk if necessary. Put this liquid potato mixture into an iSi bottle and insert a cartridge. Shake well and put in a warm place.

Rezept für 4

Ingredients for poached egg

4 eggs

Ingredients for potato spoom

2 potatoes, approx. 600 g
(Patata Quarantina)

1.5 l water

20 g salt

300 ml milk

100 ml cream

20 g butter

Salt, pepper, nutmeg

Ingredients for spinach cream

250 g spinach

Salt

Cream

Ingredients for spinach leaves

20 baby spinach leaves

1 tbsp shallot brunoise

Butter

Salt and pepper

Ingredients for brown butter

200 g butter



To prepare the spinach cream

Wash the spinach and remove the stems. Blanch in salted boiling water and then plunge into iced water. Freeze the spinach in the Pacojet container and then pacotize as many times as necessary to achieve a thin consistency (alternatively, you can use the Thermomix). Before serving, add a few spoonfuls of this purée to a small pan, salt to taste and refine with cream to give it a pleasing consistency.

To prepare the spinach leaves

In a pan, sweat the shallots in butter, add the spinach leaves, sauté briefly and refine with salt and pepper.

To prepare the brown butter

Heat the butter in a saucepan and stir constantly until a nutty aroma develops and the butter turns golden-brown.

Anrichten

Tip

Grate a little truffle over the egg.

Cooking level

Preheated

40 minutes | Steam setting at 62 °C