



Soft-cooked farm egg green sauce with peas and beans



To prepare the fine stuffing

Using a blender, mix the chicken breast and add the egg white then the cream. Set aside in the fridge.

To prepare the pea stuffing

Bring the cream to the boil, add the peas, season with salt and pepper and cook for about 10 minutes. Mix in the blender and strain through a fine sieve. Once cold, mix with the fine stuffing, then adjust the seasoning with salt and pepper. Place in a pastry bag.

**Life
Style**
V-ZUG

Rezept für 4

Ingredients

4 egg yolks
1 knob of butter for the moulds
Salt, pepper

Ingredients for the fine stuffing

50 g chicken breast
20 g egg white
50 g cream

Ingredients for the pea stuffing

100 g peas, shelled
50 g beans, shelled
75 g cream
Salt, pepper

Ingredients for the pea sauce

20 g chopped shallot
100 g peas, shelled
5 pea hulls
1 dash of olive oil
1 dl cream
1 dl chicken stock
Salt, pepper

Garnishes

4 tablespoons of cooked peas and beans
A handful of pea shoots
A handful of mangetout peas



To prepare the pea sauce

Saute the shallot with a dash of olive oil, add the peas, season with salt and pepper, then add the cream and the chicken stock. Cook for about 15 minutes. Add the raw shells and blend; the raw shells add the taste of fresh peas. Strain through a sieve and adjust the seasoning. With the butter, grease a Pyrex mould 6 cm in diameter. Using the pastry bag, spread a thin layer of pea stuffing in the mould, add an egg yolk, season then cover with the stuffing. The egg yolk must be completely covered by the stuffing. Preheat the oven to 90 °C on the steam setting then cook for 5 minutes. In a shallow dish, turn the egg out then place one tablespoon of beans and peas around the outside. Add a few finely-chopped raw peas and pea shoots. Finish with the hot sauce.

Cooking level

With preheating 5 minutes | steam setting 90 °C