

Recipe for Savory Appetizer

by Bruno Bertin

President. E.G.S

Cuisine Solutions / Egg Gourmet Solutions

Step-By-Step Crusted Poached Egg



Meet The Chef



Bruno Bertin, the president of Egg Gourmet Solutions (EGS), joined Cuisine Solutions, Incorporated, the world's leading manufacturer and distributor of sous-vide foods, in 2005. Having a lifelong passion for both cooking and invention, he has developed multiple patents since the age of 18. At Cuisine Solutions, Bertin served as vice-president of culinary innovation for 14 years, working with the company's team of professional chefs to make Michelin-star level recipes accessible to a broader audience. During his tenure, he developed the sous vide egg bites served at Starbucks which proved to be an extraordinary success. In 2019, he became president of EGS, Cuisine Solutions' sister company that is totally dedicated to gourmet egg manufacturing.

THIS RECIPE IS 100% VEGAN

Crusted Poached Egg



Recipe

Recipe serves

4



| Ingredient | Amount: | |
|-----------------------------|----------------|----------------|
| Crusted Poached Egg: | Ounces | Grams |
| XL Farm Fresh Eggs | 6 | 6 |
| Olive Oil | 1 Tsp | 5 Grams |
| All-Purpose Flour | ¾ Cup | 130 Grams |
| Panko | 1 Cup | 200 Grams |
| Sea Salt | 1 Tbsp | 15 Grams |
| Fine Mesh Black Pepper | 1 Tbsp | 15 Grams |
| Compressed Spinach: | Ounces | Grams |
| Baby Spinach | 2 Cups | 400 Grams |
| Olive Oil | 1 Tbsp | 15 Grams |
| Truffle Oil | 1 Tsp | 5 Grams |
| SeaSalt | 1 Tsp | 5 Grams |
| Fine Mesh Black Pepper | 1 Tsp | 5 Grams |
| Watercress Emulsion: | Ounces | Grams |
| Bunches Watercress | 2 Bunches | 2 Bunches |
| Unsalted Butter | 2 Tbsp | 30 Grams |
| Olive Oil | 2 Tbsp | 30 Grams |
| Sea Salt | 1 Tsp | 5 Grams |
| Xanthan Gum | 0.1% by weight | 0.1% by weight |
| Egg White Lace: | Ounces | Grams |
| 4 Eggs | 4 | 4 |
| 1 Tbsp. Olive Oil | 1 Tbsp | 15 Grams |
| 1 tsp. sea salt | 1 Tsp | 5 Grams |

Method



Crusted Poached Egg:

1. Start water circulator at 145.7F and allow to reach temperature. Set ice bath off to the side. Prepare fryer set to 375F.
2. Create 4, 3-inch diameter pouch with a 1-inch depth or use a ceramic souffle mold. Coat each pouch or mold with a light brushing of olive oil to avoid sticking. Pack 4 XL farm fresh eggs sous-vide, removing all air from the pouch.
3. Place eggs in circulating water bath once 145.7F temperature is reached and allow to cook for 45 minutes.
4. After 45 minutes are complete transfer eggs in pouch directly to simmering water for 1 minute to firm egg white. Once 1 minute has elapsed transfer to ice bath and allow to cool for 30 minutes.
5. While eggs are cooling, prepare your three-step breading process. In bowl one, place all-purpose flour with 1 tsp. salt and 1 tsp. pepper. Gently mix with a fork to incorporate seasoning. In bowl two, crack 2 XL eggs with 1 tsp. salt and 1 tsp. pepper. Whisk eggs together. In bowl 3, place panko breadcrumbs with 1 tsp. salt and 1 tsp pepper. Gently mix with a fork.
6. Handling carefully, remove poached eggs from sous-vide pouch. Gently pass a poached egg through the three-step breading process one time and store on wired rack after final panko step. Complete process for all 4 eggs.

Method

7. Deep-fry breaded poached egg at 375F for 2-3 minutes until golden brown and warm center.
8. Place on paper towel to absorb excess oil, and season with sea salt.

Compressed Spinach:

1. Wash and dry baby spinach. Place spinach, olive oil, truffle oil, sea salt and black pepper in a metal bowl and toss till fully seasoned.
2. Place in large sous-vide bag and compress 6 times.
3. Allow spinach to refrigerate for 1-hour to full compression.
4. Preheat large pot blanching water to a simmer and prepare ice bath.

Watercress Emulsion:

1. Pick and rinse watercress
2. Blanch watercress in large pot of boiling water for 45 seconds.
3. Strain watercress from boiling water and immediately place in ice bath. Stir in ice bath to ensure even cooling.
4. Strain watercress from the ice bath and scale watercress. Place strained water cress, scaled by weight xanthan gum, and sea salt in blender and begin blending.
5. Slowly drizzle in olive oil and unsalted butter while blending for 1-minute or until smooth
6. Strain the puree through a fine mesh sieve.

Egg White Lace:

1. Preheat flat top or griddle to 375F. Separate egg whites from yolks and place whites in bowl with whisk attachment connected.
2. Beat whites on medium-high speed for 3-4 minutes until stiff peaks are achieved.
3. Oil non-stick cooking surface with olive oil just to lubricate and limit sticking. Place ½ cup of meringue onto non-stick surface spreading out to a thin crepe like layer. Once thin layer is achieved, sprinkle with sea salt. Allow to cook all the way through without flipping,



Crusted Poached Egg.

about 4-5 minutes. Product will dry and become lightly golden brown.

4. Remove crisp meringue from griddle and place on cutting board. Circle cut out 2.5-inch egg white lace rounds while still hot.
5. Repeat process 2 more times.

Plate Up:

1. Pour ¼ cup watercress emulsion onto the center of plate, gently spreading out to make a 4-inch circle.
2. Place hot crusted poached egg in the center of the watercress emulsion.
3. Place 1 Tbsp. of compressed spinach on top of hot crusted poached egg.
4. Gently angle egg white lace on top.
5. Finish with shaved truffle and fleur de sel.