

Perfect egg, garlic croutons, caramelized onions, sésam oil infused tomato salad |

Recipe for 4 servings

Description

An incredible texture awaits you in this "perfect" egg. A simple recipe which will leave your friends speechless.

Note

Be careful when peeling the egg, it will be very soft and quite capable of breaking.

Ingredients

Perfect egg

- 4 Unit(s) Egg

Caramelized onions

- 200 Gr Onion
- 35 Ml Soy sauce

Sésam Tomato salad

- 300 Gr Tomato
- 5 Leaf(ves) Basil
- 2 Tsp Roasted sesame oil
- 1 Tbsp Sesame seeds

Garlic croutons

- 4 Thick slice(s) Baguette
- 2 Clove(s) Chopped garlic

Finishing touches

- 2 Sprig(s) Fresh cilantro

Preparation

- Preparation time **45 mins**
- Preheat your **Oven** at **400 F°**

Perfect Egg

Put your thermocirculator into a large container filled with water and set the temperature to 64°C. Lower the eggs gently into the water and leave them for 1 hour.

Take them out and run them under cold water to stop the cooking process. Peel them delicately just before serving.

Caramelized onions

Peel and finely dice the onions. In a hot frying pan with olive oil, sweat the onions. Season with salt and add the sugar, once they are sweated and translucent lower the heat.

Cook slowly on a low heat, mixing periodically, until you get a nice light golden colour.

Taste and season with salt and pepper if necessary. Keep warm.

Tomato salad

On the tip of each tomato make a little "X" using the tip of a knife. Lower the tomatoes into a stock pot of boiling water for 30 seconds to 1 minute.

Remove the tomatoes and drop them into a bowl of ice water.

This process will make it easier to remove the peel of the tomato, using a paring knife or even just your fingers.

Cut the tomatoes into quarters, remove the pulp and the stem, we only want the nice flesh. Cut the tomatoes into lengthwise into matchsticks, then turn them and cut them in to small cupes (brunoise).

Mince the basil, then add the brunoised tomatoes, basil, and truffle oil into a bowl. Season with salt and papper.

Garlic croutons

Cut the bread into small cubes and mince the garlic. In a bowl toss the croutons, garlic, and a nice drizzle of olive oil together. Season with salt and pepper.

Spread the croutons out on a baking sheet and place it in the oven for 8 to 10 minutes, or until nicely toasted.

Plating and finishing touches

In your plate or bowl, place a nice nest of the caramelized onions. On top of this add your tomato salad, still making a little hole in the middle. Place your perfect egg in the center, then sprinkle some croutons all over and finish with some spouts for garnish.

Bon appétit!