

Watercress, Quail Egg, Bacon and Brioche

Recipe for 12 Tapas

Description

Warm watercress soup with a quail egg and garnished with seared bacon and toasted brioche cubes.

Note

If you find that the soup isn't quite as green as you would like, you can always add a bit of raw spinach at the same time as the watercress to add a nice bright green color.

Ingredients

Soup

- 1 Unit(s) Onion
- 2 Sprig(s) Thyme
- 200 Gr Watercress
- 1 Tbsp Flour
- 500 Ml Vegetable stock
- 500 Ml Cream 35%
- Butter
- Salt and pepper

Garnish

- 12 Unit(s) Quail egg
- 2 Slice(s) Brioche
- 4 Slice(s) Bacon
- Butter
- Salt and pepper

Preparation

- Preparation time **45 mins**
- Preheat your **four vapeur** at **230 F°**

Preparation

Wash the watercress and remove excess water. Finely slice the onion and pluck the thyme leaves. Break the quail eggs into individual greased ramequins. Cut the brioche and bacon into even sized small cubes.

Watercress soup

In a sauce pot, sweat the onion and thyme with a knob of butter. Sprinkle with the flour, mix and then add the stock and cream. Let simmer for roughly 10 minutes. Add the watercress and immediately transfer to the blender. Mix until smooth. Season to taste with salt and pepper.

Quail egg

Cook the quail eggs in a steam oven or steam bath for 3 minutes. Let them cool a bit before trying to unmold them.

Bacon and brioche

Place the brioche cubes in the oven and cool until lightly toasted. In a skillet, color the bacon in a skillet and strain excess fat.

Plating

Serve the portions of soup into your serving dishes of choice and then place the egg on top. Garnish by sprinkling the brioche cubes and bacon on top. Enjoy!

Bon appétit!