

Crispy egg, Hollandaise and Parma ham with asparagus



Here's to good

health

Method

1. Bring a pan of water to boil and gently submerge the eggs into the water
2. Boil for 4/5 minutes and then remove and place in a bowl of ice water. Let the eggs completely cool in the ice water which should take about 10/15 minutes
3. When cooled, peel the eggs by gently tapping them.
4. Heat the rapeseed oil in a small saucepan
5. While that heats, place the flour, the beaten egg and the panko crumb into 3 separate bowls. Mix a little salt and pepper into the panko.
6. Dredge each soft-boiled egg in the flour, then coat with the egg and then finally with the panko crumb. Then re-dredge the egg in the yolk and a second time into the panko crumb for a nice thick coating
7. Drop a bit of panko crumb into the oil and if it sizzles quickly then the oil is ready.
8. With a spoon, gently place one egg at a time in the hot oil. Gently turn the egg to brown on all sides. This should take no more than 30 seconds.
9. Remove the egg to a paper towel and continue with the rest of the eggs
10. Meanwhile, add salted water to a large pot. Add asparagus to the boiling water, cook until bright green and tender 1-3 minutes.
11. Then shock in an ice water bath to stop the cooking process.
12. Once the asparagus has cooled wrap the asparagus in Parma ham and then serve alongside the egg.

Code	Qty	Units	Description
A122385	4	ea	Scottish eggs
A34018	30	g	Flour
A122385	1	ea	Beaten egg
A107231	65	g	Panko breadcrumbs
C116160	200	g	Parma Ham
			Salt and pepper plus oil for frying

Code	Qty	Units	Description
C114218	1	ea	Lemon, juiced
A122385	4	ea	Egg yolks
C74826	30	g	Unsalted butter, melted
C11394	65	g	Greek yogurt
A85288	5	g	Chilli flakes
	5	g	Salt

Here's a 'healthier' version for your January breakfast menus substituting butter for Greek Yogurt!



Hollandaise Method

1. Bring one inch of water to a simmer in the bottom of a large saucepan.
2. Whisk lemon juice and egg yolks in a metal bowl. Adjust heat to a gentle simmer. Set bowl over the simmering water saucepan and whisk. Lift bowl occasionally to allow the trapped steam to escape so the bowl doesn't get too hot. Cook, whisking constantly until the egg mixture is steaming hot and thickened, but not curdling along the edge, 1 to 2 minutes.
3. Remove the egg mixture from the heat and whisk in melted butter. The yogurt, a little at a time until smooth. Then whisk in chilli flakes, salt, pepper and lemon juice. Keep warm until ready to serve.

