

POACHED EGG, BUTTERNUT ARPEGGIO CAPPUCCINO AND ONION RINGS

🕒 35 - 🏠 Difficult



MATERIALS

Mixer / Blender
Bowl
Skillet
Sieve
Oven
Fryer

RECOMMENDED NESPRESSO COFFEES



INGREDIENTS

Eggs
Butternut
1/4 Litre Of Liquid Cream
1/4 Litre Of Milk
1/4 Litre Of Chicken Stock
10 Cl Of White Wine
80 G Of Butter
4 Cl Of Olive Oil
1 Onion + 1 For The "Rings"
Green Cardamom Seeds
Capsules Of Arpeggio Grand Cru
Salt And Freshly Ground White
Pepper
Nutmeg
150 G Of Black Bread Crumbs

HOW TO MAKE !

- **Preparation of the breading for the poached eggs:**
- Mix the black bread crumbs with the ground coffee of a Nespresso Arpeggio capsule
- Cook in boiling water 8 eggs for 6
- 5 minutes then remove from water and cool in cold water and peel
- In a bowl, break one egg; beat it with salt and a drop of cream
- Place eggs previously cooked in flour, then in beaten egg and then in breadcrumbs
- Refrigerate
- **Preparation of cardamom butternut cappuccino coffee:**
- Peel the butternut, remove the seeds and put aside 16 of them
- Cut into cubes
- Peel and chop the onion
- In a skillet sauté the onion, the already crushed cardamom seeds and butternut with olive oil and butter
- Deglaze with the white wine and chicken broth, pour in the cream and milk
- Bring to a boil and cook for 20 minutes at a simmer
- Season with salt and pepper
- Mix and pass through a sieve
- Add the 4 Arpeggio coffees
- Keep warm
- **For the soldiers and the onion rings:**
- Cut 8 thin slices of bread cut into long rectangles and toast them
- What remains is to be dried in the oven then blended until you get white breadcrumbs
- Glaze the fingers with royal icing and add 2 Butternut seeds and bake (without colouring them)
- (Icing sugar, lemon juice, salt, nutmeg, egg white, orange peel) Slice 8 rings from an onion then bread and fry them
- Keep for the dressing
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- **Finishing and presentation:**
- Place the eggs to fry in a deep fryer for 30 seconds at 180°
- Emulsify the butternut cappuccino
- In a bowl put a good ladle of butternut cardamom cappuccino coffee

Eggs
30 G Of Flour
Capsules Of Arpeggio Grand Cru
Bread Fingers (Soldiers) To Sop
And Breadcrumbs
Egg White
Juice Of 1/2 Lemon
100 G Of Icing Sugar
1/2 Orange Zest

- Place a poached egg in the centre of a soup dish and dress it with the centred onion and soldier, and sprinkle a few grains of Camargue sea salt on the top

INSPIRATIONS

