

Egg with Iberian Pork Belly sous vide

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Ingredients

Mushroom broth:

10 kg chicken carcass
6 kg duck
4 onions
7 carrots
2 stalks of leeks
400 ml soy sauce
500 ml white wine
500 ml red wine
15 black peppercorns
40 l mineral water
400 g dried mushrooms

Pork belly (sous vide):

1 Pork belly or bacon,
marinated
2 kg salt
1 kg sugar
100 g paprika powder

Egg (sous vide):

1 egg

Quinoa:

100 g quinoa
500 g chicken stock

Preparation

Mushroom broth:

Free chicken carcasses and duck from rump, lungs and heart. Spread evenly on Gastronorm trays and heat at 200 °C in the oven until they begin to brown. Add the diced vegetables and roast until golden brown. Add wine and soy sauce in the last 5 minutes. Add chicken carcasses and duck with 40 l of mineral water into a large saucepan, heat trays on the stove to remove any caked-on residues and let the soy sauce and wine boil down. Pour the liquid into a saucepan, add the peppercorns and cook for 12 hours. Skim off any foam repeatedly. After 12 hours, strain the broth, add the dried mushrooms and leave to soak for 1 hour. Then pour through a sieve and cool. After cooling, skim off the fat and store.

Pork belly (sous vide):

Mix sugar, salt and paprika, cover with pork belly or pork bacon and leave to simmer for 1 hour. Cook for 24 hours at 65 °C in the water bath of the **fusionchef** sous vide cooker. Cool in ice water and set aside.

Egg (sous vide):

Cook the egg Sous Vide at 64 °C in the water bath of the **fusionchef** sous vide cooker water bath for 20 minutes and cool it.

Quinoa:

Cook the quinoa in the poultry stock for 30 minutes until soft and dry. Dry thoroughly on paper towels, spread on baking paper and store in a dry place for 24 hours.

Fry each small amount of quinoa at 160 °C in sunflower oil golden yellow until the grains puff up. Drain on paper towels, salt and keep warm.

Add the egg and pork cubes together with the hot stock in a deep dish or bowl. Place fine pork slices on top and garnish with sautéed mushrooms.

This recipe was kindly provided by Diego Dato.