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Preparation time: 1 hour

Cooking time: 55 minutes



Ingredients

For 4 people:

Consommé:

910 g Parmesan Rinds (broken up)

1,42 l Chicken Stock

8 Egg Whites

splash White wine

Garnish:

8 Asparagus

140 g Cooked Pasta

4 slices Black Truffle

1T Extra Virgin Olive Oil

TT Cracked Black Pepper

TT Sea Salt

Crackling:

100 g Grated Parmesan

Egg (sous vide):

1 Egg per person

Preparation

Break up all the parmesan rinds up in 2,5 cm pieces. Place in a small sauce pot and cover with the chicken stock. Bring up to a simmer and cook for 15 minutes. Cover and set off to the side of the stove for 20 more minutes and then strain through a fine whole strainer.

Next, chill the parmesan stock down over an ice bath. Whisk up the egg whites to very soft peaks.

Combine the stock, wine, and the whites. Whisk together and bring to a very slow simmer. As the eggs coagulate they will rise to the surface of the broth and leave a crystal clear consommé behind. Carefully ladle out the consommé leaving the egg whites in the pot. Strain the consommé through a coffee filter.

For the garnish, slice the asparagus in bite sized pieces and blanch in boiling water for 2 minutes. Strain, and chill in ice water to stop the cooking process. Next slice the penne pasta, in bite sized pieces as well. Reserve the asparagus, and the pasta for garnish.

For the parmesan crackling, in a teflon skillet, simply sprinkle the parmesan over the skillet and melt until the cheese comes together and forms a thin layer on the surface of the pan. Remove the cheese from the pan and place it on a cutting board. Let the cheese set up for about 5 minutes and then cut it into smaller pieces. Use the cheese crackling as garnish for the soup.

Egg (sous vide):

For the egg, you will need a heating immersion circulator, which we use for sous vide cooking. They are very accurate and really that is what takes this soup from ordinary to extraordinary. Set the **fusionchef** sous vide water bath at 64 °C. When the bath temperature reads the desired temperature, place the egg, still in its shell, in the sous vide water bath. Be gentle with the egg, so that it is not cracked. You make want to do a few extra eggs just incase you break one. Let the egg cook sous vide for 55 minutes exactly, and then remove from the sous vide water bath.

If you are not going to serve the egg right away, peel it, and, then place in a cold water bath to stop the cooking. You can re-heat the egg later if needed by pouring some hot urn water over the egg, and letting it sit for 6 minutes.

When ready to serve, place the warm egg in a soup bowl, being careful not to break it, and then add the asparagus, pasta, and the hot Parmesan consommé. Sprinkle some of the parmesan crackling, and place a truffle slice, chervil over each egg. Drizzle a little olive oil, sea salt and cracked pepper on each.

This recipe was generously provided by Richard Rosendale / USA.