

Perfect egg in a cage of potatoes, crispy vegetables and roasted porcini mushrooms



A recipe by Executive Chef Martina De Michele of the 'Fiore di Pietra' restaurant.

Preparation



Time required Approx. 120 minutes



Difficulty Average – for amateurs



Portion size 4 people

Features



Dish Vegetarian – Caged egg



Typical product Eggs – Km 0



Suitable in Autumn – Cold evenings

INGREDIENTS

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- 4 eggs
- 2 courgettes
- 1 carrot
- 1 leek
- 200 g porcini mushrooms
- 300 g large potatoes
- 20 g flour
- 1 egg for the potatoes
- oil
- salt
- salt flower

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Porcini procedure

Egg procedure

Serving

P R O C E D U R E

1. Wash the courgettes, carrot and leek thoroughly; then julienne them with the help of a mandoline.
2. Sauté in a pan with oil and salt for a few minutes to keep them crispy.
3. Peel and wash the potatoes and grate them, place them in a mash tun and squeeze them well (this process will extract the excess starch).
4. Add salt and flour (pepper or some other spice if desired), mix evenly and place in a concave baking tray (e.g. muffin tray), previously oiling it.
5. Add the potato mixture to the baking tray and mash them well into a nest shape.

1. Gently wash and brush the porcini from their possible soil.
2. Cut into large chunks (e.g. one in four vertically), shape the inside of the porcini with a paring knife and colour in a hot oiled pan, season with salt and pepper.

1. To make the perfect egg, it would be optimal to have a Roner for vacuum cooking, but if you are not equipped with one at home, simply insert a thermometer into water until it reaches 62°C, then insert the eggs and cook for 35 minutes.
2. Using this 'at home' procedure may not give the soft effect of the perfect egg, because the temperature of the water will not be kept constant. Therefore, do it in vacuum cooking at 62°C for 1H with a Roner and the result will be a real treat

Arrange the vegetable strands on the plate as a base, place the potato cage on top and break the egg inside.
Add the well toasted and crispy porcini mushrooms as decoration, finish with a drizzle of oil and some fior di sale on the perfect egg.