CREAM OF MUSHROOM, PERFECT CHICKEN EGG, GREEN ASPARAGUS, MOREL MUSHROOMS AND TOASTED HAZELNUTS

Ingredients
(for 4 people)

- 4 organic chicken eggs
- 400 g green asparagus (tips)
- 100 g purple asparagus (shavings)
- 100 g skinless whole hazelnuts
- Mushroom cream
- 250 g button mushrooms
- 2.5 dl chicken stock
- 2.5 dl cream
- 20 g butter
- Morel mushroom preparation
- 20 g butter
- 1 shallot
- 200 g small morel mushrooms
- 100 ml concentrated clear chicken stock
- 1 dl de yellow wine

Preparation:

COOKING THE EGGS

Prefereably opt for organic chicken eggs.

There are two methods for cooking them at low temperature:

Use a kitchen thermometer to keep the cooking water at 64 - 65 °C and let the eggs cook for 1 hour.

Or cook the eggs for 1 hour in a steam oven at 65 °C.

After they are cooked, separate the whites and yolks.

MUSHROOM CREAM

Cut the mushrooms small.

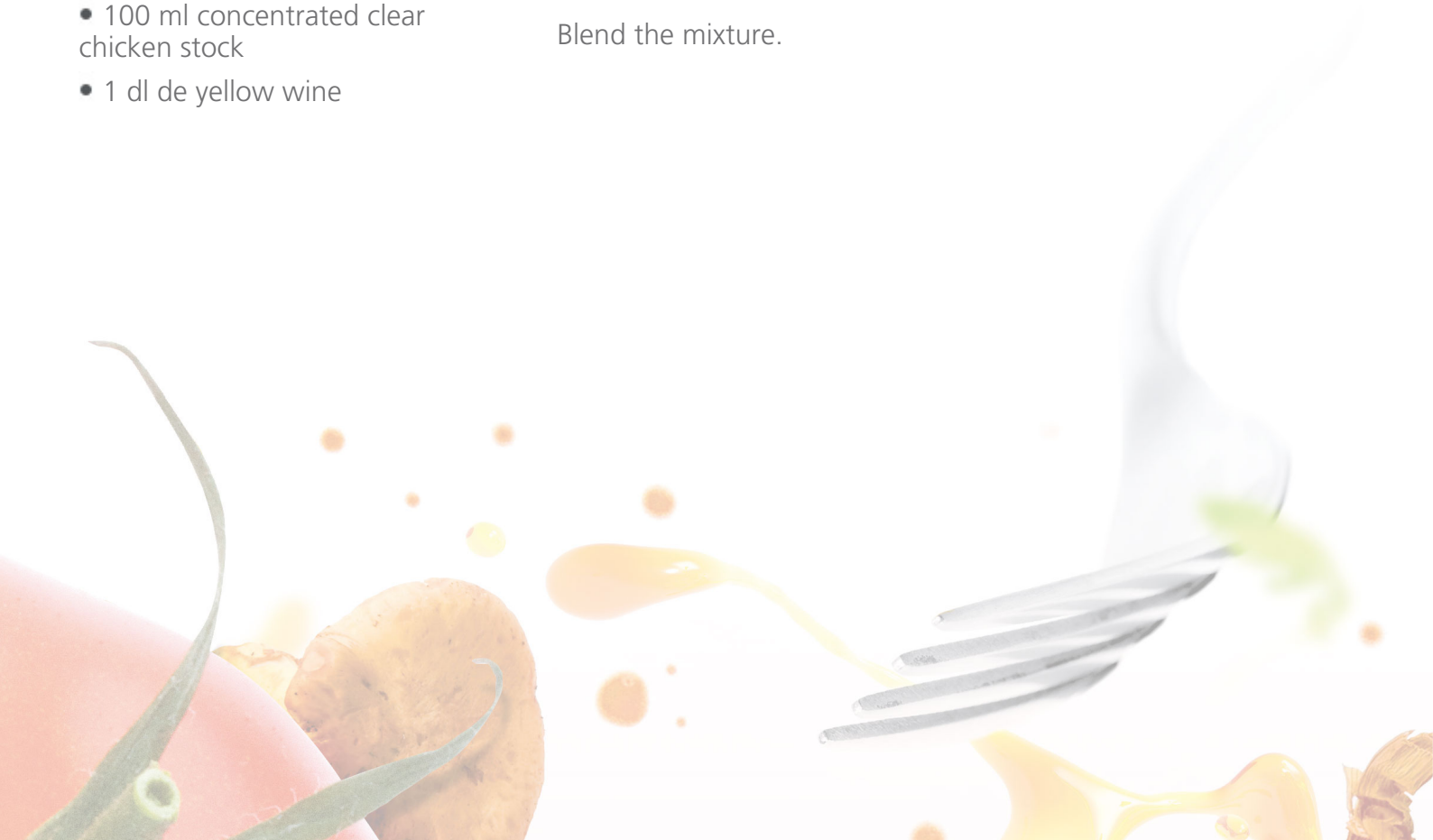
Melt the butter in a frying pan and add the finely-sliced shallot.

Lightly brown until golden and then add the button mushrooms.

Add the chicken stock and the cream.

Simmer on low heat for 15 minutes.

Blend the mixture.



COOKING THE MOREL MUSHROOMS

Cut off the stems from the morels and wash the mushrooms in fresh water several times.

Finely chop the shallot, sweat in butter in a frying-pan and season.

Add the morel mushrooms and deglaze with the yellow wine.

Let the wine reduce, then add the clear chicken stock to cover the mushrooms.

Cover and simmer for 15 minutes.

When they are cooked, coat the mushrooms with the pan-juices.

PRESENTATION

Pour the mushroom cream into the middle of the plate.

Place the egg in the middle.

Put the green asparagus tips around it, as well as the morel mushrooms and the purple asparagus shavings.

Sprinkle the chopped toasted hazelnuts on the perfect egg.