

Miele

White asparagus, hens' eggs, olives

By Shannon Bennett

25 minutes, plus dehydrating overnight

Preparation time

40 minutes

Cooking time

4 servings

Serves



INGREDIENTS

100g kalamata olives, pitted
4 large hen eggs, 60-70g each
500g thick white asparagus, peeled
1 tablespoon mild olive oil
10ml sherry vinegar
50ml sparkling water
Large pinch salt flakes

To Serve

Small sour dough loaf
½ cup olive oil
Watercress to garnish

METHOD

1. Place olives on the multi-purpose tray and place into the combi steam oven on shelf position 2.
2. Select Fan Plus at 90°C for 12 hours. Alternatively, select Drying function at 90°C if your oven has special applications. Set aside to cool completely. The olives should be very firm.
3. Take each stem of asparagus and bend them until they snap. Use the tougher bottom half for the puree and the tops as garnish, depending on the timing of the season will depend on where the stem snaps. Reserve 12 tips from the asparagus approximately 8cm long for serving. Roughly chop the remaining asparagus.
4. Place the chopped asparagus in a perforated steam tray; place the tips in another perforated tray. Steam both parts of the asparagus at 100°C for 6 minutes.
5. Set the tips aside for serving. Blend chopped asparagus with the oil, vinegar, sparkling water and a good pinch of salt flakes. Taste and add more salt if necessary.
6. Place puree in a bowl and keep warm.
7. Place eggs in a perforated steam tray. Steam at 65°C for 17 minutes.
8. Remove crusts completely and cut the bread into 5cm slices.
9. Heat a frypan on medium heat, Induction setting 6, add the oil to the warm pan.
10. Add the bread to the pan and brown on all sides, turning. This may take around 15 minutes.
11. Set the bread aside to cool before tearing into chunks for serving.

To Serve

1. Using warm plates, spoon 2 tablespoons of warm asparagus puree into the centre of each plate.
2. Place 3 asparagus spears to the right.
3. Crack each egg into a saucer, remove the white and discard. Carefully lift the yolk onto the puree.
4. Using a microplane finely grate the dehydrated olives over the egg yolks and garnish with a small sprig of watercress and a drizzle of olive oil.

Note

- When pureeing the asparagus, 50g of butter could be added for extra richness and flavour.
- White asparagus should be as thick as your thumb. If white asparagus are not available, you can use another variety of asparagus, however you'll need to reduce the cooking time to 1-2 minutes depending on the thickness.
- If a more rustic look is desired, you can use your hands to crumble the dehydrated olives to garnish.