



The 'Egg'

Skill Level: Intermediate

Yield: 12 servings

Special Equipment Needed: Egg top cutter, One-pint foam canister, Gas cartridges

For Serving: Porcelain egg cups, Demitasse spoons

The Eggs

12 large brown eggs

1. Carefully remove tops from eggs, reserving contents for another use. Keep the bottom half of the fiber-board egg carton for baking. Do not use Styrofoam or plastic cartons, as these will be going into the oven!
2. Rinse empty shells in very hot water, and carefully remove the remaining inner membrane. Allow shells to dry.

Caramel Custard Foam

75g (6 tablespoons) granulated sugar

25g (2 tablespoons) water

115g (½ cup) heavy cream

115g (½ cup) whole milk

40g/2 large egg yolks

15g (1 tablespoon) granulated sugar

1 sheet gelatin, softened and squeezed of excess moisture

1. In a small saucepan, combine the five tablespoons of sugar and water and cook to a dark caramel. Meanwhile, combine cream, and milk, and heat just until warm. When the caramel reaches a medium brown color, add warmed cream mixture. Bring mixture to a boil over medium heat, making sure all caramelized sugar is dissolved. Meanwhile, combine and whisk egg yolks and remaining sugar. Temper hot cream into egg yolks (beat the yolks and add a little of the cream at a time). Return to medium-low heat and cook, constantly stirring, until mixture is slightly thickened. Remove from heat, whisk in gelatin and strain through a fine mesh sieve. Chill in an ice water bath. Refrigerate until well-chilled.
2. Transfer custard to whipped cream siphon and assemble according to manufacturer's instructions. Reserve in refrigerator until assembly.

Milk Chocolate Crème Brulée

180g (¾ cup) heavy cream
180g (¾ cup) whole milk
½ vanilla bean, split and scraped
60g/3 large egg yolks
55g (5 tablespoons) granulated sugar
60g (2 ounces) high quality milk chocolate, finely chopped

1. Preheat a convection oven to 325° F. Combine cream, milk, and vanilla in a small saucepan and bring to a boil. Meanwhile, combine and whisk egg yolks and sugar. Remove scalded cream mixture from heat and whisk in milk chocolate, until thoroughly incorporated. Temper mixture into egg yolks and strain through a fine mesh sieve.
2. Place egg shells right side up in their carton, and place in a two-inch hotel pan (a rectangular stainless steel pan). Carefully divide milk chocolate custard evenly among egg shells, approximately one ounce, or about half way.
3. Fill hotel pan with hot water, just until water reaches half way up the egg carton, just before the egg shells begin to float. Cover with foil and bake for about 30 minutes, or until custard is set. Allow to cool to room temperature.

Caramel Sauce

100g (½ cup) granulated sugar
50g (2 tablespoons) water
A few drops of lemon juice
80g (¼ cup) heavy cream
15g (1 tablespoon) unsalted butter

1. Combine sugar, water, and lemon in a small covered saucepan. Cook to a medium amber color. Meanwhile, gently heat cream until warm. Remove caramelized sugar from heat and add cream. Return to low heat to completely dissolve sugar.
2. Remove from heat and emulsify butter into the caramel. Keep warm.

Assembly

Maple syrup
Maldon sea salt

1. Transfer cooled egg shells to twelve porcelain egg cups.
2. With a small spoon or squeeze bottle, pour a very thin layer of caramel sauce into egg shell, over the chocolate custard.
3. Fill the remainder of the shell with the caramel foam.
4. Drizzle a few drops of maple syrup on top of the foam, and sprinkle each egg shell with a few grains of Maldon sea salt. Serve immediately.