Steamed egg with hairy crab roe

Recipe by V-ZUG Ltd.



Preparation	30 Mins
Cooking time	30 Mins
Portions	4
Appliance	Combair-Steam SL from 2015

Preparation

4 eggs

70 ml poultry bouillon

1 tsp Hua Diao rice wine, or sake

Salt

White pepper

Wash the eggs and open carefully with a punch-bell egg cracker. Remove the egg from the shell and separate the egg yolk from the egg white. Set 2 egg whites and the egg shells aside.

Mix the other 2 egg whites (about 70 g) with the poultry bouillon and the wine, then season with salt and pepper. Strain the liquid through a sieve.

Place the empty egg shells in the egg carton or egg cups. Fill each egg shell ¾ full with the egg white mixture. Place the egg carton or egg cups on the stainless steel tray and put into the cold cooking space. Steam.

Steaming 85 °C for 30 Mins

2 roe of the hairy crab (also known as Chinese mitten crab)

Heat the hairy crab roe in a small saucepan and arrange on the steamed egg in the egg shell just before serving.

Tips

The leftover egg can be used for making, e.g. a breakfast omelette or Portuguese custard tarts.

Accessories

Punch-bell egg cracker

Stainless steel tray

Additional information

Created on	11.12.2019