

Steamed eggs with anchovy twists

By Shannon Bennett

20 minutes

Preparation Time

1 hour

Cooking Time

8

Serves



INGREDIENTS

Anchovy twists

375 g butter puff pastry, such as “Careme all butter”

1 egg, lightly beaten

2 x 110 g tins anchovy fillets in olive oil

100 g ($\frac{3}{4}$ cup) parmesan, very finely grated

6 sprigs fresh thyme, plus extra leaves to serve

Steamed eggs

8 eggs

METHOD

Anchovy twists

1. Lay a sheet of pastry, 27 x 36cm on a cool, floured bench and halve widthways to make 2 sheets of 27 x 18cm.
2. Brush one side of the pastry with the egg wash, then lay the fillets of anchovies horizontally along the sheet. Repeat the lines of anchovy every 2cm resulting in approximately 8 horizontal lines.
3. Sprinkle some thyme leaves and ½ cup parmesan cheese evenly over the first sheet. Place the top sheet over and sandwich the 2 sheets together.
4. Brush the pastry with the remaining egg wash and sprinkle the remaining parmesan on top. Place the sheets into the freezer for 30 minutes until firm enough to cut.
5. Preheat the oven on Moisture Plus with Fan Plus at 180°C with 1 manual burst of steam.
6. Using a large sharp knife, cut across the strips of anchovies to create thin 2 x 9cm long strips and gently twist each strip.
7. Position pastries onto a baking tray and place into the oven on shelf level 2, releasing the burst of steam immediately. Bake for 20 minutes, or until golden.

Steamed eggs

1. Place eggs in a perforated steam container and Steam at 65°C for 1 hour.
2. Remove eggs from the steam oven and place each egg in an egg cup.
3. Carefully cut the top off the shell and sprinkle with extra thyme leaves prior to serving.

Sous-vide egg guide

57°C – Egg basically raw, cook for 2 hours to pasteurise.

60°C – The white is just set and yolk is raw.

63°C – The yolk is creamy and white is firm. The famous “63°C egg!

65°C – Shannon’s choice for this dish, the yolk is firm but not rubbery.

67°C – The yolk starting to develop a granular texture.

75°C – The equivalent of a hard-boiled egg.