

Miele

Steamed Egg Custard, Chicken Bone Broth, Fragrant Herb

By Matt Stone

30 minutes

9 hours 15 minutes

8-10

Serves



INGREDIENTS

Chicken bone broth

4 chicken frames
1kg chicken wings
4 litres water
1 sheet kombu
2 tablespoons cornflour
Soy sauce, to taste
Olive oil
Mixed herbs and flowers, picked,
to serve

Egg custard

6 eggs
600ml milk
1 pinch salt

METHOD

Chicken bone broth

1. Pre-heat on Fan Plus at 200°C.
2. Cut the chicken wings into the joints. Place the frames and wings onto a multi-purpose tray and roast for at least 1 hour or until golden brown. Turn the bones over a few times as required.
3. Fill a large stock pot with water. Add the bones, kombu sheet and chicken juices, pouring off any chicken fat and reserve for later use.
4. Bring to the boil on Induction setting 9 then lower the heat to Induction setting 3. Simmer for at least 4-8 hours, skimming off any foam and fat that forms on the top.
5. Remove bones from broth and strain through a fine sieve, discarding any solids.

Return broth to a clean saucepan and season with soy sauce.

6. Mix a few tablespoons of cooled stock with cornflour and mix to form a slurry. Bring stock almost to the boil on Induction setting 7-8 and add the cornflour mix. Whisk to combine and cook for a further 5 minutes, skimming off any foam.

Steamed egg custard

1. Whisk all ingredients and strain through a fine mesh sieve into a 2.5 litre capacity solid steam tray.
2. Place in the Steam oven and Steam at 85°C for 20 minutes. Remove and leave to cool at room temperature until set.

To serve

1. Using a teaspoon, gently scoop 3 pieces of custard into each serving bowl. Top with herbs and flowers and drizzle with olive oil.
2. Ladle broth into a small, heatproof jug and pour carefully down the sides of the bowls.

Notes

- The more browned the bones are and the longer the stock is cooked for will produce the best tasting broth. Bone broth freezes well.
- The egg custard can be made in advance and will keep refrigerated for up to 3 day