

Duck egg, kale, pancetta with brown butter

By Shannon Bennett

24 hours

Prep time

35 minutes

Cooking time

4 Servings

Serves



INGREDIENTS

Onions

- 1.2 litres white wine vinegar
- 1 litre water
- 900g sugar
- 10 pickling onions, peeled and halved horizontally

Crisp bread

- ½ loaf of sourdough bread
- 100ml oil
- Murray River Sea Salt to taste

Brown butter emulsion

- 2 hens eggs
- 250ml butter

Duck eggs

- 4 duck eggs

Chicken stock sauce reduction

- 2 litres chicken stock

Kale

- 1 bunch kale
- Murray River Sea Salt to taste

METHOD

Onions

1. In a medium saucepan bring the vinegar, water and sugar to the boil on high heat, Induction setting 9. Stir until the sugar has dissolved. Pour the hot liquid over the onions. Leave the onions in the liquid to pickle in the refrigerator for 24 hours.

Bread

1. Cut the crust off the bread and discard. Brush the remaining bread with the olive oil.
2. Place the bread (whole) in a frying pan on medium heat, Induction setting 6, season well with salt.
3. Cook until lightly golden all over. Remove from heat, set aside until required.

Brown butter emulsion

1. Steam hens eggs at 65°C for 25 minutes.
2. Place the butter in a pan on medium-high heat, Induction setting 6-8 and cook until the solids begin to sink to the bottom and the butter turns a beautiful deep golden colour or reaches 170°C.
3. Crack the eggs very carefully in a bowl. Place the eggs in a blender and gradually pour in the strained hot butter to form an emulsion. Set aside in a piping bag.

Chicken stock sauce

1. Place the chicken stock in a pan on medium heat, Induction setting 6. Simmer and reduce the stock down to approximately 100ml. Set aside.

Kale

1. Remove the spine from the kale leaves, rinse and dry. Brush with a little olive oil and season with salt.
2. Place on a baking tray and select Drying function at 90°C. Place on shelf position 2 and dry kale for 45 minutes to an hour.

Sauce

1. Place the pancetta in a frying pan on medium heat, Induction setting 6, cook until crispy.
2. Deglaze the pan with the vinegar.
3. Remove the pan from the heat and add the chicken stock reduction, parsley and butter. Stir well.

Duck eggs

1. Steam the eggs at 65°C for 33 minutes, peel carefully, directly before serving.

To serve

1. Place the pickled onions, cut side down, in a pre-heated pan on high heat, Induction setting 7-8. Sear until cut surface is caramelised. Separate the rings, caramelised side up, onto a plate.
2. Tear 3 pieces of cooked bread per person. Position on the plate.
3. Pipe 3 dots of the brown butter emulsion onto the plate.
4. Place the duck egg in the middle of the plate and season with a little salt. Top with the crushed crispy kale.
5. Place 3 onion rings around the plate. Drizzle with the pancetta sauce and garnish with edible flowers.

Hints and tips

- Edible flowers can be sourced from your local green grocer.
- A little lemon juice can be whisked into the brown butter emulsion if desired.
- Pancetta can be substituted for thick cuts of streaky bacon.
- Crusts from bread can be processed into breadcrumbs and sautéed with butter and chopped parsley. To be added to salads or poached hens eggs.