

Miele

Eggs, oats and ham

By Michael Meredith

20 minutes, plus freezing and soaking time

Preparation Time

40 minutes

Cooking Time

4 serves

Serves



INGREDIENTS

270 g (1 ½ cup) steel cut oats
70 g piece jamon
150 g black pudding, thickly sliced
4 eggs
2 sweet corn, husks removed
1 bunch asparagus, trimmed
2 tbsp vegetable oil
2 large shallots, thinly sliced
Salt flakes and pepper, to taste
310 ml (1 ¼ cups) chicken stock,
more if needed
20 g butter
20 g finely grated parmesan
1 lemon, juiced
1 tbsp finely chopped chives

Miele Accessories

Universal tray
Steam containers
Griddle plate

METHOD

1. Place the steel oats in a bowl and cover with water. Cover and stand overnight for the oats to absorb the liquid.
2. Place the jamon in the freezer overnight.
3. Place the black pudding slices onto a universal tray. Place the tray into the oven on shelf level 2 and roast on Fan Plus at 180°C for 15 minutes or until cooked through. Cool slightly then crumble into small pieces.
4. Place the eggs in a perforated steam container, place into the steam oven and Sous-vide at 63°C for 25 minutes.
5. Heat a griddle plate on medium-high heat, induction setting 7 for 5 minutes. Add the corn and asparagus, cook for 5 minutes or until charred all over. Cool slightly before removing kernels and slicing the asparagus.
6. Place the oil and shallots in a small frying pan, heat on medium-high heat, induction setting 7, or TempControl level 2 for 8 minutes or until crispy. Drain on paper towel and season with salt.
7. Drain the oats. Place into a saucepan with the chicken stock. Cook on medium heat, induction setting 6 for 10 minutes, stirring continuously, or until thick and creamy. Stir through more stock if needed.
8. Stir through the butter and parmesan, season with salt, pepper, and lemon juice.
9. Divide the oats between serving bowls, create an indentation in the oats for the egg. Crack the egg and gently remove the unset white, place onto the oats. Top with black pudding crumbs, corn and asparagus. Shave the frozen jamon over the egg, top with the crispy shallots and chives.

Hints and tips

- Ask your deli for the end of the jamon and store in the freezer. It's great to have to shave over many other dishes.
- If you are making this dish in winter, try substituting chestnuts for the corn and asparagus. Steam the chestnuts for 15 minutes at 100°C and add to the oats before serving.