

# Quail egg nets

By Shannon Bennett

**25 minutes, plus overnight for beaten eggs**

**15 minutes**

**4**

Serves



## INGREDIENTS

8 hen eggs  
1 litre vegetable oil for frying  
3 coriander roots, scraped  
Pinch of Murray River Sea Salt  
4 garlic cloves, peeled  
10 white peppercorns  
50g minced pork  
100g minced green prawns  
2 tablespoons fish sauce  
3 tablespoons palm sugar  
1 tablespoon lemongrass,  
finely sliced  
3 red shallots, sliced  
1 tablespoon julienned large red chilli  
Handful of fresh coriander leaves

## METHOD

1. Whisk the eggs lightly to combine.
2. Strain the whisked eggs through a fine sieve to remove filaments and membranes, and to help break down the protein.
3. Rest eggs overnight in a glass bowl, covered with plastic wrap, in the refrigerator.
4. The next day, remove eggs from the refrigerator and set aside to come up to room temperature.
5. Dip the tops of your fingers (up to the first joint) of one hand into the bowl, stir through the mixture, then lift your hand from the bowl.
6. The egg mixture will dribble and drip back into the bowl. Try this a few times to become accustomed to its flow.
7. Half fill a wok with oil and heat on high, Induction setting 7-8, until the oil reaches 160°C-180°C. Use a digital thermometer to test temperature.
8. Dip your hand into the egg mixture and quickly wave across the wok, so that the egg drizzles into the oil.
9. Move your hand backwards and forwards, then from side to side, to form the net. Do not move too quickly, or the strands will be too thin to form a net and too brittle to fold when cooked and cooled. It will be necessary to re-dip your hand into the egg mixture once or twice to form sufficient strands to make a net.
10. Circle the perimeter of the net with more egg mixture to form a border. Watch the temperature, if the oil is too hot, the eggs cook too quickly and the nets become brown and brittle. If the oil is too cool, the net becomes sodden with the oil.
11. Remove net and drain on paper towel. Repeat until all the mixture is used. Cool and set nets aside.
12. Using a pestle and mortar; pound coriander roots, salt, garlic and peppercorns into a paste.
13. In a small pan, dissolve palm sugar in the fish sauce and set aside.
14. Heat 1 tablespoon of oil in a pan or wok on medium-high heat, Induction setting 6-7 and fry paste until fragrant and golden.
15. Increase the heat, Induction setting 7-8, add pork, cook for 1 minute and then add the minced prawns, stirring regularly to prevent clumping.
16. Season with the fish sauce and palm sugar mixture and set aside to cool.
17. When cool, add lemongrass, shallots, chilli and coriander. Mix to combine.
18. Lay one net on a clean surface. Spread some of the pork mixture on the lower third of the net. Roll the net, gathering/folding in the ends to form a cigar. Repeat with the remaining nets and mixture.

## To Serve

1. With a sharp knife, cut each roll into three and serve immediately.

## Notes

- Begin this recipe the day before required.
- Do not over-beat the eggs, this will make the eggs difficult to strain; it also incorporates too much air, which makes the eggs 'bubble' slightly when cooking and become tough.
- Ensure the glass or plastic container for the eggs is scrupulously clean (they are very susceptible to absorbing other flavours).
- The nets can be made several hours in advance.