

Florentine Parmentier Waffle Recipe w/ Mollet Quail Egg, Frizzled Leeks & Greens.

Parmentier Waffle (Makes 6 large waffles ~ cut each waffle into 2 or 3 bite-sized portions for amuse-bouche; save leftovers or make more amuse).

1.6 lb. (700g) baking potatoes as russet
2 ea. (100g) large egg
2 Tbsp (30g) sour cream or crème fraiche
1 Tbsp (15g) unsalted butter, melted
2 ounces (60g) Parmesan or gruyere, grated
3 Tbsp (30g) flour
1 pinch nutmeg / Salt and Pepper.

Toppings For 8 Amuse-Bouche

8 ea. quail eggs
1 ea. leek, white part and light green only, thoroughly washed and pat dry
Frying oil
Salad or some blanched greens, stems removed
Fleur de sel, ground fresh pepper.

Method

Mollet Quail Eggs

In a small saucepan, bring water to boil, add some salt and baking soda (it helps to get the shell off). Cook eggs for 2 minutes then transfer eggs into ice-water and cool to room temperature. Cold eggs wont peel well. Keep peeled eggs in cold water and refrigerate until ready to use. Heat up eggs in hot water one minute right before serving.

Frizzled Leeks

Thinly slice the washed white and light green parts of the leek into 3-inch-long julienne strips. In a saucepan or dutch oven, heat the oil over medium-high heat (it should reach a depth of about 1/2 inch / 1.25cm) and 325° on a candy thermometer. Fry the leeks, stirring often with a tongue, until leeks are just crispy and still green – be careful; you don't want them to brown. Transfer to a large plate lined with paper towel. Sprinkle the leeks lightly with salt while they're still hot. Let cool to room temperature before using then wrap some frizzled leeks in salad or blanched and pat dry greens as kale...

Parmentier Waffle

Peel and shred potatoes using a mandolin or a vegetable shredder and squeeze using paper towels to release as much liquid as possible; about 7oz (200g) of water. Combine shredded potatoes with the eggs, sour cream, melted butter, cheese, flour and seasoning. Bake immediately in a greased waffle iron for about 5 minutes. Waffles can be kept warm in a 220°F (105°C) oven until ready to use. Divide each waffle into bite-size portions and garnish with greens, frizzled leeks and egg and season with fleur de sel and pepper.

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