

LES OEUFS

HOW TO COOK EGGS

L'œuf cocotte

Eggs en cocotte (baked eggs, shirred eggs)

Utensils

- Greaseproof paper (baked paper)
- Brush (pinceau)
- Saute pan (sautoir)

Ingredients for 8 servings

Extra fresh or fresh eggs : 8 pieces

Butter: 0,050kg

UHT light fresh cream:0,200kg

Fine salt: to taste

White pepper: to taste

Egg whites coagulate at 62°C and yolks at 68°C.

Safety instructions

- Wash hands before and after breaking the eggs or use disposable gloves.
- Use thoroughly clean equipment.
- Break the eggs in a container different from the one which will be used for mixing the eggs (a ramekin for instance), so as to check the freshness of each egg.
- Throw out any suspect eggs: unusual smell or colour.
- Break the eggs down flat and not on the side of the container where they'll be mixed together.
- Break the eggs as long as they're needed.

Video

How to make eggs "en cocotte".

You will need ramekins, softened butter, a brush, salt, white pepper, eggs, another ramekin to check the egg quality and freshness.

Prepare a reduction of seasoned light cream for last coating.

For cooking you'll want a double boiler, its bottom lined with greaseproof paper.

- Generously butter the bottom and the sides of each ramekin to prevent the egg from sticking during cooking and to nourish it;
- For better presentation never season on top of the egg but on the bottom of the ramekin;
- Break the egg flat on the countertop, taking care not to break the yolk,
- Check its freshness and pour it gently into the ramekin,
- When the water starts simmering, place the ramekins and let them cook in a simmer for about 3 to 4 minutes,
- Avoid boiling and make sure that no water gets into the ramekins,

- The egg en cocotte cooking time is up,
- Here you can see that the egg white looks still milky and the yolk looks raw but it is hot,
- At this point spoon the fresh cream reduction onto the egg white taking care not to cover the yolk.