

## CRISPY DUCK EGGS WITH ASPARAGUS & MINTED PEA PURÉE

### Ingredients

50g of plain flour  
1 hen egg beaten  
20ml of milk  
100g breadcrumbs (panko)  
4 duck (or hen eggs) if you can't get them\*  
12 fresh asparagus spears  
Knob of butter (unsalted)

### Pea Purée

1 shallot  
400g frozen garden peas  
1 tbsp vegetable oil  
200ml milk  
10 fresh mint leaves  
Salt & Pepper

To cook the duck eggs, bring a large pan of water to the boil and prepare a large bowl of ice-cold water

Boil the eggs for 4-5 minutes (for soft-boiled) then drain and plunge into the iced water for 1-2 minutes. Peel the eggs under running cold water and dry them on kitchen paper.

Roll each duck egg in the flour, dip into the beaten egg and then roll in the Panko breadcrumbs. Place on a tray.

To make the pea purée, sweat the shallots in the vegetable oil until soft but not coloured. Add the garden peas, salt & pepper, milk and simmer for 5 minutes.

Drain off the milk into a jug and pour the peas into a blender. Add the fresh mint and blitz for 2 minutes until ultra smooth adding enough of the milk to make a thickish purée. After blending, cool as quickly as possible over ice bath as the colour will begin to fade. Warm the purée up just before serving.

Blanch the fresh asparagus spears for 1-2 minutes (depending on thickness) in a pan of boiling salted water, then drain and refresh in iced water. Drain again and put aside.

To deep-fry the duck eggs, heat some vegetable oil in a deep-fat fryer to 170C and immerse the breaded duck eggs for 2-3 minutes or until the crust is golden brown and crisp. Drain on kitchen paper.

Place a knob of butter in a pan, add the blanched asparagus and season with salt & pepper, gently reheat and serve immediately.

Drag the warm pea purée across the plate, place the asparagus and the duck egg (sliced into 2 halves) and garnish with fresh pea shoots.

*\*If using hens eggs then boil for 3 to 4 minutes*



**Gabor Katona – Head Chef, Castle House**