

EAT RECIPES

Recipe: Carabinero Prawn 'Carbonara'

SAMANTHA FRANCIS • AUG 27, 2016

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A unique egg-centric dish created by Chef Christopher Millar of Stellar at 1-Altitude for Krug

Photo: Krug

Eggs are among the most versatile of ingredients, and might I add, one of the simplest way to a tasty breakfast.

Fittingly, eggs take center-stage in this year's Krug Book 2016, published by champagne house Krug.

17 Krug Ambassade Chefs are featured, including familiar names like Christopher Millar of Stellar at 1-Altitude, Kirk Westaway of JAAN and Ryan Clift of Tippling Club.

For Chef Christopher Millar of Stellar at 1-Altitude, his dish is a seasonal creation using exquisite carabinero prawns.

To impress your guests at the next dinner party, be sure to bookmark this recipe.

Ingredients & Method

Poached egg

Poach the egg in a water bath set @ 63.1C for 45 minutes.

Place the eggs in water bath.

Once the eggs are cooled down, separate the yolk.

Keep the yolks inside a container filled with water.

Parmesan cream

1 L milk

14 grams agar agar

4 grams xanthan gum

100 grams grated parmesan

Salt, white pepper

Blend the agar agar into the milk using a hand blender.

Bring the milk to a boil.

When the milk has boiled, add the parmesan, the xanthan gum. Check seasoning.

Let it set in the chiller.

Once set, place the gel in the thermomix.

Blend until smooth.

Sieve.

Place in squeeze bottle.

Bacon ash

100 grams bacon

Cook the bacon stripes in a 160 C oven. Let it cool down.

Powder the bacon in a spice blender.



Bacon crisp

15 grams bacon ash

100 grams water

4 grams gelcrem cold

Blend all the ingredients together. Pour onto a silpat in a thin layer. Place in a dehydrator @ 60C.

Carbonara sauce

1 L cream

1 L milk

500 grams bacon

Bring the milk & cream to a boil.

Add the bacon.

Simmer for 10 minutes.

Let the bacon infuse as it cools down. Strain, check seasoning.

Keep in the chiller.

Carbonara tagliatele

300 grams carbonara sauce. 12 grams elastic

Salt, white pepper

Blend the elastic with the sauce using a hand blender. Check seasoning.

Line a tray with cling film.

Bring the sauce to a boil.

Pour the sauce onto the tray.

Let it set in the chiller.

Once set, cut the gel into stripes.

Plate and serve.

The Krug Book 2016; Poached, Scrambled or Fried? is only available at the Krug Ambassade Restaurants through purchasing a Krug Grand Cuvée pairing with a meal at the restaurants.
