

Oeuf Parfait au Caviar

63°C egg, cauliflower velouté, truffle emulsion, and Baeri caviar.

Yield: 10 servings

Prep Time: 2 hours (plus 1 hour holding)

Active Time: 45 minutes

Service Temperature: Warm (50–55°C velouté, 63°C egg, cold caviar)

Ingredients

Oeuf Parfait (Slow-cooked Egg)

- 10 large free-range eggs (preferably 60–65 g each)
 - Fine sea salt
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Cauliflower Velouté

- 500 g cauliflower florets
 - 400 ml whole milk
 - 100 ml heavy cream (35%)
 - 25 g butter
 - 10 g shallots, finely sliced
 - Salt and white pepper to taste
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Truffle Emulsion

- 50 ml truffle jus (from preserved black truffles or reduction)
 - 50 ml chicken stock
 - 30 ml cream
 - 15 g unsalted butter
 - 5 ml truffle oil (optional, for lift)
 - Salt to balance
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Caviar Garnish

- 40 g Baeri caviar (4 g per portion)
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Additional Garnishes

- Micro chive or chervil sprigs
 - Black truffle shavings (optional for service)
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Method

1. Cook the Eggs (Sous Vide)

Preheat a water bath to 63°C.

Submerge the eggs (in shell) for 60 minutes.

Once cooked, transfer immediately to a 55°C holding bath or warm water to maintain temperature until service (up to 30 minutes).

Tip: Do not crack until plating. The white will be barely set, and the yolk luxuriously thick and glossy.

2. Prepare the Cauliflower Velouté

Sweat the shallots in butter until translucent, no color.

Add cauliflower florets, milk, and a pinch of salt.

Simmer gently for 15–20 minutes until cauliflower is tender.

Add cream, cook 2 more minutes.

Blend until completely smooth (use a high-speed blender).

Pass through a fine chinois for silkiness.

Adjust seasoning — it should be slightly sweet, creamy, and neutral (to carry the caviar).

Keep warm at 50–55°C for service.

3. Prepare the Truffle Emulsion

In a saucepan, reduce truffle jus and chicken stock by half.

Add cream and bring to a gentle simmer.

Whisk in butter and a few drops of truffle oil to emulsify.

Blend with a hand blender to create light foam just before plating.

4. Assembly (à la minute)

Plating Vessel: Coupe bowl or small porcelain deep dish (white or ivory preferred).

Ladle 2 tbsp of cauliflower velouté into the bowl center.

Gently crack the 63°C egg over the velouté — the white should just hold its shape.

Spoon 1 tbsp of truffle emulsion around the egg to form a halo.

Add a quenelle (4 g) of Baeri caviar on top of the yolk.

Garnish with a single chive tip or micro chervil sprig.

Optional: shave fresh black truffle over the top for table-side aroma.

5. Service Ritual

The bowl is presented covered with a porcelain lid.

Server's cue line:

"Your œuf parfait — a 63-degree egg resting in cauliflower and truffle, crowned with Baeri caviar. Please break the yolk to release its golden richness."

Lid is lifted at the table to release the warm truffle aroma.

A mother-of-pearl or fine silver spoon accompanies service.

Chef's Notes

Temperature balance: Cold caviar + warm egg + hot velouté creates a perfect 37°C mouthfeel.

Texture architecture: Silk → custard → foam → burst.

Critical step: Velouté must never boil — boiling dulls the cauliflower's sweetness and causes graininess.

Alternative presentation: Serve in eggshells placed on a bed of coarse salt (for amuse-bouche).

Wine Pairing

Aged Champagne (Blanc de Blancs) — oxidative depth meets truffle's umami.

White Burgundy (Puligny-Montrachet) — soft creaminess complements the egg.

Non-alcoholic pairing: Warm roasted barley tea with truffle oil mist.