



Culinary Masterclass

Sheraton Towers Singapore

Presented by:

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Le Cordon Bleu International

Warm Leek and Mustard Salad with Poached Egg and Red Wine Dressing



Serves 4

INGREDIENTS

500g	baby leeks
50g	watercress leaves
½ tbsp	Dijon mustard
3 tbsp	hazelnut oil
40g	carrot, julienned
400g	red pepper, julienned
	Salt and pepper, to taste
4	whole eggs
3 tbsp	chopped fresh tarragon

Red Wine Dressing

200ml	red wine
1 tbsp	red wine vinegar
6 tbsp	olive oil
2 pinches	sugar
	Salt and pepper, to taste

Garnish

4	streaky bacon slices (about 1-cm thick) blanched and diced
2	white bread slices, cut into cubes
30g	clarified butter
1 tbsp	grated Parmesan cheese
20g	Parmesan shavings

Method:

- For the Warm Leek and Mustard Salad:** Cook the leeks in boiling salted water until tender, then drain and squeeze the water out while still hot. Add the watercress, mustard, hazelnut oil, julienne of carrot and red pepper. Season to taste with salt and pepper.
- Poach the eggs in simmering water with the vinegar for 3 to 4 minutes. Refresh and then drain and chill (the egg should be reheated just before service).
- For the Red Wine Dressing:** Heat the wine until it is reduced by a third. Add the red wine vinegar, olive oil, sugar and seasoning. Set aside.
- For the Garnish:** Sauté the cubed bread and diced bacon together in clarified butter until golden brown. Sprinkle with the Parmesan cheese.

To Serve:

Pack the leek and watercress salad into a tall ring mould and place one of the warmed eggs on top. Remove mould and drizzle the dressing around and then sprinkle with the Parmesan shavings.