



Photo Credit: Macduff Everton

CENTRAL COAST SPRING VEGETABLES

BY EXECUTIVE CHEF JASON PALUSKA, THE LARK

PREP TIME: 40 MINUTES (72 HOURS FOR PICKLED VEGETABLES)

SERVES: 4

SPECIAL EQUIPMENT NEEDED:

Silpat (instead of a Silpat brand silicon mat, use parchment paper), Grill, Ice Bath (water in a bowl or pan to stop the cooking process), and Immersion Circulator (this is a sous vide tool for poaching the egg, but simmering water in a small pot is fine and is listed in the directions)

INGREDIENTS

1 Cup Ramps
 ½ Cup Red Wine Vinegar
 ¼ Cup Sugar
 1 Tablespoon salt
 ¼ Cup water
 1 Teaspoon Chile Flakes
 1 Cup Parmesan Cheese
 1 Egg Yolk
 1 ½ Tablespoon Dijon Mustard
 7 Tablespoons Champagne Vinegar
 (substitute a mild white wine vinegar)
 ½ Teaspoon Salt

½ Teaspoon Black Pepper
 1 Cup Parmesan Cheese, Small Dice
 ¾ Cup Grapeseed Oil
 8 Stalks Asparagus
 4 Spring Onions, Cut in Half Lengthwise
 ½ Head Romanesco, Cut into Pieces
 ¼ Head Purple Cauliflower, Cut into Florets
 Olive Oil
 Lemon Juice
 4 Eggs
 White Vinegar (If Poaching Eggs)
 1 Tablespoon Chives, Finely Diced

GARNISH

Red Watercress
 2 Baby Carrots, Shaved
 2 Breakfast Radishes, Shaved
 (substitute regular radishes)
 10 Sugar Snap Peas, Blanched
 10 Fava Beans, Blanched

CHEF'S NOTES

As a chef, I am deeply connected to the seasons, and each one has a profound effect on me. As much as I love the earthiness of root vegetables delivered on dark winter days, I start dreaming of the more fragile vegetables that grow in the spring. I love to explore the versatility of each vegetable. I think this dish represents the bounty of our area in springtime. The egg adds luxuriousness, a counterpoint to the lean asparagus, romanesco and spring onions.

EDITOR'S NOTE

You can poach the eggs, but the delicate, viscous texture of a 64°C sous vide egg is worth purchasing an immersion circulator. Make sure the water is up to temperature before adding the eggs, for proper timing.

DIRECTIONS

1. Put ramps into a nonreactive bowl (Use bowls made from glass, tin, ceramic or stainless steel. Not copper, cast iron or aluminum). Heat vinegar, sugar, salt, chile flakes and water to a simmer and pour over the ramps. Marinate in the refrigerator for a minimum of 72 hours. Drain before use.
2. Preheat oven to 325°F. Spread an even ¼" layer of Parmesan on a sheet pan lined with a Silpat. Season evenly with black pepper and lightly with salt. Bake until cheese melts, 10-12 minutes, rotating 3 or 4 times. Cool completely, then break into shards. If not using immediately, wrap tightly with plastic.
3. In a blender, combine egg yolk, mustard, vinegar, salt and pepper. Slowly incorporate the diced Parmesan cheese until smooth. Slowly add grapeseed oil in a thin stream with blender until emulsified, using water to adjust consistency if needed. The end result should be thick and creamy.
4. Coat asparagus and onions evenly with oil and salt, then grill until knife tender. Blanch romanesco and cauliflower individually until knife tender. **To blanch:** Fill a 5-quart pot 80% with water. Season the water with salt until it tastes like the ocean. Bring to a boil, then transfer to an ice bath, stirring to speed up the cooling process. Drain through a colander when cooled.
5. Evenly coat asparagus, onions, romanesco and cauliflower in olive oil. Season to taste with lemon juice and salt.
6. Heat water in a water bath with an immersion circulator to 64°C and cook eggs for 40-45 minutes. Once egg has set but yolk is still runny, drop the temperature to 58°C to stop the cooking process and hold the eggs. Or soft poach the egg using the classic method of using simmering water with a touch of vinegar. Cook 3 minutes, then remove with ladle. Season with olive oil, chives, black pepper and sea salt.
7. To plate, place a spoonful of Parmesan vinaigrette on dish and arrange the spring vegetables and pickled ramps on it. Lightly season shaved carrot, shaved radish, snap peas, fava beans with olive oil, lemon juice and salt to taste. Evenly distribute them around the plate. Finish with soft poached egg, parmesan crisps and red watercress. Enjoy the shared plate with friends!