

# Confit yolk

Cuisine: **Czech**  
Food category: **Eggs**



Author: **Jakub Svoboda**

Company: **Retigo**



## Program steps

1

 Hot air

 100 %

 Termination by time

 00:30 hh:mm

 65 °C

 100 %



## Ingredients - number of portions - 10

| Name           | Value | Unit |
|----------------|-------|------|
| egg yolk       | 10    | pcs  |
| lard           | 500   | g    |
| herbs to taste | 10    | g    |
| garlic         | 10    | g    |

## Nutrition and allergens

| Allergens: A                                                                                |          |
|---------------------------------------------------------------------------------------------|----------|
| Minerals: Ca, Calcium, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Phosphorus, Se, Selenium, Zn |          |
| Vitamins: A, B, C, E, Vitamin A, Vitamin B12, Vitamin D                                     |          |
| Nutritional value of one portion                                                            | Value    |
| Energy                                                                                      | 452.3 kJ |
| Carbohydrate                                                                                | 0.3 g    |
| Fat                                                                                         | 50 g     |
| Protein                                                                                     | 0.1 g    |
| Water                                                                                       | 0 g      |

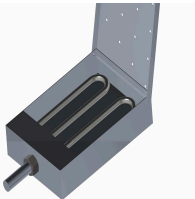
## Directions

Melt the lard with herbs and garlic. In the warm lard, we will insert the beaten yolks and let the whole mixture confit according to the set temperature above. If you want the yolks to be not liquid after biting into them, extend the time to 45 minutes. You can also smoke the yolks using a Vision smoker.

## Recommended accessories



Vision Pan



Vision Smoker