

Chefs A' Field

Culinary Adventures That Begin on the Farm



SUMMER FARM VEGETABLE STEW WITH POACHED EGG & ZUCCHINI FLOWERS

BY CHEF MICHAEL SMITH OF 40 SARDINES RESTAURANT

Soup

1 green tomato - medium dice
1 red tomato - medium dice
1 yellow tomato - medium dice
3 green onions - chopped
1 large clove of garlic - minced
1 zucchini - medium dice
16 zucchini blossoms - julienne
6 marble potatoes - cut in half
4 whole eggs
1 qt chicken stock
1 pinch saffron
1 pinch cumin
1 pinch chili flakes
1 pinch smoked paprika
3 tablespoons extra virgin olive oil

Tempura Batter

1 cup cake flour
¼ corn starch
2 tablespoons baking powder
1 pinch salt
1 small bottle soda water (6 ounces)

YIELD: 4

For the Poached Egg: Bring a small pot of water to a boil. Add 3 tablespoons white vinegar and 1 teaspoon salt to the water. Reduce water to a simmer. Crack eggs one by one into the water. Cook until the white is firm and the yolk is still soft. Drain on a towel and set aside.

For the Stew: Heat a medium soup pot with olive oil. Add onions and garlic and lightly caramelize. Add tomatoes, saffron, chili flakes and cumin. Season with salt and pepper and cook for 1 minute. Add chicken broth and potatoes. Simmer until potatoes are cooked. Set aside.

For Tempura: Combine all dry ingredients of tempura batter and mix well. Add just enough soda water to mix into smooth thin batter. Heat a medium sauce pan with canola oil until it is very hot. Remove any stem or pistil of the flower. Open the flower and spread it flat. Lightly coat one squash flower with tempura batter and dip in the frying oil. Let flower cook on one side for 15 seconds and turn to fry the other side for 15 seconds. Repeat with the 3 other flowers. Drain on a paper towel. Set aside.

To Finish Soup and Serve: Return soup to stove and bring to a boil. Reduce to a simmer. Add diced zucchini and julienne blossoms. Adjust the soup seasoning. Ladle the stew evenly in 4 bowls. Add a poached egg and a tempura squash blossom to each soup as a garnish. Sprinkle the bowl with smoked paprika. Serve without delay.

Courtesy of Chefs A' Field.