



Recipe for François Adamski's Poached egg at 30,000 feet

Cycle March-June 2022 –Air France medium-haul network – Business cabin

Cook 300g of fresh shelled peas in boiling salted water, then refresh in ice water (to fix the chlorophyll and obtain a green purée). Drain well and blend, season with fine salt and freshly ground pepper. Set aside.

Rinse 120g of quinoa-boulogne mixture thoroughly then cook on a low heat in 1½ volumes of water, covered. Leave to rest then season with salt. Put in the fridge.

Make the crumble: mix 50g of walnuts, add 100g of butter, 50g of parmesan and 80g of flour (no salt as the parmesan will season the mixture), lay out a piece of greaseproof paper on the baking tray, spread the mixture on the paper and put in the oven preheated to 170 degrees. Cook for 15 to 20 minutes depending on the desired colour. After baking, leave to cool and crumble.

Poach 4 extra-fresh eggs in boiling water with a little vinegar (swirl the water with a whisk and pour in the egg, which will coagulate and form thanks to the swirl).

Dice ¼ of the courgette with the skin on to maintain the colour and then sauté in olive oil. Keep them a little crunchy.

Peel and finely dice ¼ cucumber and 1 tomato.

Add these to the quinoa-boulogne, season with olive oil, vinegar or lemon juice and add 20g of pesto.

To serve: place a spoonful of pea purée on top, place the egg in the centre, add the quinoa salad next to it and the courgette brunoise on top and finish by sprinkling the crumble over the whole dish. You can open the egg with the tip of a knife and add a little fleur de sel and a twist of pepper.

Enjoy your meal !