



**GASTRO**TOUR  
*Cinco Jotas*

**Organic Farm Egg, Steamed Polenta, Artichoke,  
and Cinco Jotas Ham**



***Chef's Name: David Bouley***

***Restaurant: Bouley at Home***

**Ingredients**

**Polenta**

- Polenta (15.8 oz / 450 g)
- Heavy cream (33.7 oz / 959 ml)
- Milk (33.5 oz / 950 ml)
- Tomato water (33.5 oz / 950 ml)
- Parmesan cheese (4.23 Oz / 120 g)
- Salt, white pepper, nutmeg

**Artichoke puree**

- 10 fresh artichokes
- Olive oil, salt, white pepper

**Sunchoke puree**

- Fresh sunchoke (17.6 oz / 500 g)
- Salt, white pepper

**Garlic Coconut Broth**

- Coconut milk (2 c)
- Sliced fresh garlic (3.5 oz / 100 g)

- Tomato water (3.5 oz / 100 ml)
- Olive oil, salt, white pepper

**Comté Cheese Foam**

- 24-Month aged comté (grated) (16.5 / 470 g)
- Heavy cream (33.5 oz / 950 g)
- Iota (.14 oz / 4 g)

**Steamed Egg**

- Organic egg
- Olive oil

**General**

- Cinco Jotas ham
- Truffle pate
- Parmesan cheese
- Chives

## **Directions**

### **Polenta**

1. Bring milk and heavy cream to a boil.
2. Add polenta, cook over low heat until it becomes soft.
3. Add tomato water, salt, nutmeg, and pepper.

### **Artichoke puree**

1. Cut the tops of artichokes. Sprinkle with salt, pepper, and olive oil.
2. Steam for 35 mins.
3. Peel and blend with a small amount of the cooking-liquid to reach a smooth puree consistency.

### **Sunchoke puree**

1. Peel sunchoke.
2. Simmer in water until soft.
3. Drain well. Blend with olive oil, salt, and pepper to reach a smooth puree consistency.

### **Garlic Coconut Broth**

1. Slow cook sliced garlic with olive oil until soft and translucent.
2. Add coconut milk and bring to a boil.
3. Add tomato water. Blend and strain, seasoning with salt and pepper
4. Foam using a stick blender.

### **Comté Cheese Foam**

1. Melt grated comté cheese with cream over low heat.
2. Add iota, cook well until the texture changes.
3. Blend well using a blender. Strain and put into an espuma bottle.
4. Charge with N<sub>2</sub>O gas.

### **Steamed Egg**

1. Wrap egg with plastic wrap, greased with olive oil. Tie closed, tightly.
2. Steam at 212° F for 5 mins.

## **Presentation**

1. Put warm polenta on the bowl plate.
2. Add the artichoke puree, sunchoke puree, and truffle pate.
3. Add the egg, sprinkle with white pepper and grated parmesan cheese.
4. Garnish with slices of Cinco jotas ham.

5. Add comté foam.
6. Sprinkle with chopped chives.