

Yema Curada SV 63°C / 45 min · Toast de Trufa

Whole eggs cooked in-shell at exactly 63°C for 45 minutes — the temperature at which egg white barely sets and yolk holds the most extraordinary texture in cooking: not liquid, not firm, but gel-silken with the consistency of warm honey and the richness of a perfect custard. Cracked onto grilled sourdough that's been rubbed with raw garlic and brushed with olive oil, finished with shavings of black summer truffle (or jarred truffle for weeknight) and flake salt. One of the great 'two-ingredient' dishes of modern Spanish cooking — the 63°C yolk IS the dish, the toast is the vehicle, the truffle is the flex. Brunch-dinner crossover, 45 minutes start to table.

Protein Egg (whole, in-shell)

Serves 4 toasts (1 egg per toast)

Difficulty Beginner-Intermediate

Active 10 min active

Total 45 min (unattended SV) + 5 min assembly

THE STORY

The Temperature That Makes an Egg Yolk Silk

An egg is four ingredients in one shell. The yolk is mostly lipoprotein and lecithin; the white is mostly ovalbumin + ovotransferrin + ovomucin. Each of those four protein groups has a different denaturation temperature — the temperature at which it irreversibly changes from liquid to solid. Ovomucin sets around 61°C. Ovalbumin sets around 80°C. Yolk proteins begin coagulating around 68°C and firm into hard-boiled territory at 70°C+. The space between these numbers is where texture lives.

At 63°C — for a long enough hold, about 45 minutes — something remarkable happens. The white's ovomucin has set into a pearly translucent gel around the perimeter, but the bulk of the white remains mostly liquid (ovalbumin hasn't set yet). The yolk, held for 45 minutes below its coagulation point, reaches thermal equilibrium with the bath but doesn't denature — its proteins stay dispersed, the lecithin stays emulsified. The result is a yolk with the exact texture of warm honey: mobile, glossy, pourable, but with body. Crack the shell onto a piece of toast and the yolk doesn't run like a raw yolk; it slides, coats, stays. This texture is impossible to produce by boiling — boiled eggs pass through 63°C on their way up and keep going. Only sous-vide holds the precise temperature long enough for the yolk to reach equilibrium without overshooting.

The toast is a canvas. Sourdough is ideal because its open crumb catches the yolk and its acidity balances the yolk's richness. Rubbed with raw garlic for aroma, brushed with good olive oil for moisture, grilled or plancha-toasted for char. The truffle is the final flex — thinly shaved black truffle (winter), summer truffle (mid-year, easier to source), or jarred truffle-in-oil (weeknight). The truffle's aromatic volatiles bind to the fat in the yolk; you get the truffle smell on every bite, not just the ones with a shaving on top.

The dish lives in a specific modern-Spanish tradition: the tapa that looks simple and is technique-driven. Three ingredients. One temperature. Forty-five minutes you don't need to attend. And a texture most people have never experienced outside a tasting-menu restaurant. This is the entry-level SV dish — if you're new to sous-vide, start here. You'll understand the entire category after one cook.

Specs

<p>YIELD</p> <p>4 toasts · each with 1 whole SV egg · snack / starter / brunch</p>	<p>SV TEMPERATURE</p> <p>63 °C / 145 °F – yolk gel window, white-rim set</p>	<p>SV TIME</p> <p>45 minutes (not 40, not 60 – precision matters)</p>	<p>EGG SIZE</p> <p>Large (50-55 g) – standard US/Spanish egg. If using XL: 50 min. If using medium: 40 min.</p>
<p>TOAST</p> <p>4 × 1.5 cm thick slices good sourdough</p>	<p>DIFFICULTY</p> <p>Beginner-Intermediate</p> <p>●●○○○</p>	<p>ACTIVE TIME</p> <p>10 min (5 min assembly, 5 min toast)</p>	<p>HOLD WINDOW</p> <p>Eggs can hold at 63°C for 45-60 min without quality change; anything past 70 min starts firming the yolk</p>



KEY RULE

**63°C bath
temperature
must be
stable
BEFORE eggs
go in — put
eggs in cold
bath → heat
up and you
overshoot
texture**

UMAMI ADAPTATION

What Changed & Why

Two variables: the egg source and the truffle. Technique is identical. ● Tier A (Everyday) uses **organic pasture-raised eggs from Whole Foods or a Miami farmer's market** — Vital Farms, Happy Egg Co, or local farmstand. Plus **La Rustichella or Urbani jarred black-truffle-in-oil** (grocery) for the finish. Produces a genuinely restaurant-grade toast. ● Tier B (No Limits) uses **direct-from-farm duck eggs** (richer, creamier yolk — 2x the fat content) from a Miami farmer's market or Marky's, paired with **fresh black winter truffle (Tuber melanosporum) from Regalis** during December-February peak season, OR **fresh summer truffle (Tuber aestivum)** May-August. The fresh-truffle difference is the entire point of the ● tier — jarred truffle works for weeknight flexibility, but fresh truffle shaved at the table is a different dish entirely. Tier B: a 20 g chunk of fresh truffle plus a microplane.

CHANGE	ORIGINAL	UMAMI VERSION	WHY
TECH	Sous-vide eggs at 63°C for any amount of time 45-90 minutes	Sous-vide eggs at exactly 63°C for exactly 45 minutes; remove immediately; serve within 10 minutes	The texture window is narrower than most recipes admit. At 63°C / 45 min, you get the silken-honey yolk with a set-rim white — the classic target. At 63°C / 60 min, the yolk starts gaining more body (still excellent, but firmer). At 63°C / 90 min, the yolk is approaching soft-poached — a different dish. For this specific texture, 45 minutes is the number. Time matters at sous-vide temperatures even when the thermometer reads the same; proteins continue slow denaturation over longer holds.
TECH	Drop cold eggs into bath at target temperature	Start eggs at refrigerator temperature (~4°C); ensure bath is stable at 63°C BEFORE eggs submerge; set 45-min timer only after eggs are in	Most home SV cooks put eggs in while the bath is still heating up. That puts the eggs at lower temperatures for part of the cook, which skews the texture — you'll get firmer yolks + underset whites. The bath must be stable at 63°C first, confirmed by the circulator's own sensor, before the eggs enter. Cold eggs (4°C) are standard — the bath recovery to 63°C takes about 3-4 minutes, which is built into the 45-min timer (real effective-hold is ~42 min at temperature).

CHANGE	ORIGINAL	UMAMI VERSION	WHY
ADD	—	Score a small 'X' on the rounded (fat) end of each egg with a sharp knife tip before submerging — 1-2 mm depth, through the shell only, not the membrane	A very small score (not a crack, not a hole) relieves internal pressure from the air cell during the cook, prevents shell cracking, and gives you a clean crack point when you open the egg onto toast. This is a restaurant-SV trick that home recipes almost never mention. If you skip it, 10-20% of eggs will crack during the cook. With it, near-zero crack rate.
ADD	—	Rub each piece of toast with raw garlic BEFORE toasting, not after — on both sides	Rubbing raw garlic on untoasted bread lets the garlic oils absorb into the crumb. When you then toast it, the garlic infuses the toast from within; the flavor is throughout, not just on the surface. Post-toast garlic rub gives you surface-garlic only (also good but different). This is a Catalan pa-amb-tomàquet principle adapted — rub raw on untoasted, then grill.

CHANGE	ORIGINAL	UMAMI VERSION	WHY
<p>ELEV</p>	<p>Toaster or toaster oven for the bread</p>	<p>Cast-iron plancha or kamado grate for toasting — direct contact char</p>	<p>The plancha gives you actual grill marks and Maillard-char on the bread surface, which a toaster cannot produce. It takes 90 seconds per side at 260°C and gives the dish a restaurant-grill visual cue + the smoky note that contrasts beautifully with the silky egg. For kamado owners: even better — lump-charcoal radiant toasting adds subtle wood-smoke. Also: cross-utilizes the plancha if you're doing a multi-dish menu (batch 8 merluza + batch 9 pulpo-SV + this).</p>
<p>SKIP</p>	<p>Adding cream, cheese, or bacon to the assembly</p>	<p>Three elements only: toast, egg, truffle. Plus: flake salt, fresh black pepper, a drizzle of finishing oil.</p>	<p>This dish is about the yolk texture. Everything that goes on the plate either supports that (crunchy toast for contrast, fat-carrying truffle for aromatic binding, salt/pepper/oil for seasoning) or competes with it (cheese, cream, bacon, tomato, avocado — all bring their own texture + flavor that masks the 63°C yolk). Skip all of those. This is the tapa form at its most disciplined. Weeknight assembly from 3 ingredients + a pantry.</p>

What You Need

Everyday

The Eggs

- 4 large eggs, **pasture-raised / organic** — **Vital Farms, Happy Egg Co**, or local Miami farmstand. See [sourcing/01-eggs-dairy](#). Egg quality shows — buy the best grocery tier.

The Toast

- 4 × 1.5 cm thick slices good **sourdough** — homemade pan de payés (Batch 7) or a quality Miami bakery
- 2-3 cloves garlic, peeled
- 1-2 tbsp **good EVOO** — **California Olive Ranch Arbequina** or similar
- Flake sea salt — **Maldon**

The Finish

- 2 tbsp **jarred black-truffle-in-oil** — **La Rustichella d'Abruzzo black truffle**, **Urbani black truffle**, or **Sabatino Truffles** (most major groceries). Alternative: **truffle salt** as a weeknight cheat (Maldon + truffle salt blend)
- 1-2 tbsp good finishing olive oil
- Freshly ground black pepper
- Optional: 2-3 chives or a small pinch of minced parsley

No Limits

The Eggs (Tier B — duck eggs are the real flex)

- 4 **duck eggs** from a Miami farmer's market or **Marky's Gourmet Market (Aventura)** — call ahead, they don't always stock. If unavailable: **direct-from-farm chicken eggs** from a Saturday farmer's-market vendor (not grocery). Duck eggs have ~2x the yolk-fat content of chicken eggs — the 63°C yolk is even richer, creamier. SV same time + temp (45 min at 63°C) — works identically.

The Toast (Tier B)

- 4 slices freshly-baked **pan de payés Catalán** (Batch 7 · this workspace)
- 2-3 cloves **Las Pedroñeras DOP purple garlic**
- 1-2 tbsp **Rincón de la Subbética summit Arbequina**
- **Fleur de sel de Guérande** OR **Sal de Ibiza**

The Truffle (Tier B — the entire point of this tier)

- 20-25 g **fresh black winter truffle (Tuber melanosporum)** from **Regalis** — peak season December-February. OR **fresh summer truffle (Tuber aestivum)** May-August (more affordable, less intense). Microplane shaved AT the table for maximum aroma volatility.
- Freshly ground Tellicherry black pepper
- Fresh chives from a windowsill pot (Miami year-round)
- Fleur de sel sprinkled at plating

EQUIPMENT

Your Kit

- Sous-vide circulator capable of 63°C stable (any home brand)
 - Large stock pot or SV container (~4-6 L — smaller than pulpo cook)
 - Small sharp paring knife or pin — for scoring eggshells
 - Large spoon or slotted spoon — for removing hot eggs
 - Small bowl for each cracked egg (optional; keeps presentation clean)
 - Plancha OR cast-iron skillet OR kamado grate — for toasting bread
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- Microplane (Tier B) — for truffle shaving at the plate
- Small truffle brush (Tier B) — for cleaning fresh truffles pre-use
- Warm serving plates

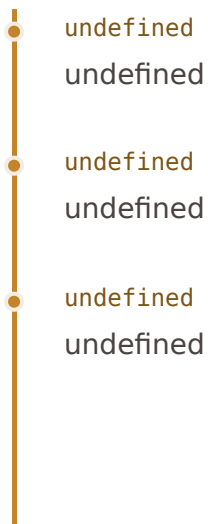
MISE EN PLACE

Before You Start

- SV circulator at 63°C, stable for at least 10 minutes before eggs enter
- Eggs at refrigerator temperature (4°C) until the moment of submersion
- Bread sliced 1.5 cm thick; set aside
- Garlic cloves peeled, ready for rubbing
- Finishing oil, flake salt, pepper all within reach of plating station
- Truffle cleaned gently with a soft brush (Tier B); microplane ready
- Plancha preheating 8-10 min before end of SV cook
- Warm plates in 50°C oven

MAKE - AHEAD

Timeline



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METHOD

The Cook

1 Phase 1 · Stabilize the Bath + Prep Eggs — 10 minutes

1. Turn on circulator. Set to 63°C / 145°F. Put circulator in ~4 L water. Allow 10 minutes for the water to reach target AND for the circulator's sensor to confirm stable temperature.
2. While bath stabilizes: take eggs from fridge. Handle gently — shell is fragile.
3. Using a sharp knife tip or a pin: score a small X (two shallow strokes, 1-2 mm depth) on the rounded fat end of each eggshell. Do NOT pierce through to the membrane — you're making a score, not a hole.
4. Verify bath temperature is stable at 63°C — most circulators display current temp; wait until it holds within 0.1°C of target for 30 seconds.
5. Using a large spoon, gently lower each egg into the bath. Place them on the bottom of the container (or in a rack if using). Avoid dropping — the shock can crack even a scored shell.
6. Start the 45-minute timer the moment the last egg is in.
7. Do not open the bath during the cook. Do not disturb the eggs. Walk away.



WHY THIS WORKS

The score on the fat end of the shell relieves air-cell pressure during the cook. As the egg heats, the air inside expands; without a pressure-relief point, that expansion can crack the shell (tiny hairline fractures that leak egg into the bath). The score is imperceptibly small — it won't leak egg out, but it lets air out. This is standard professional-kitchen practice for any SV egg cook.

2 Phase 2 · Sous-Vide Cook — 45 minutes unattended

1. Walk away. Do other things. The eggs are cooking themselves perfectly.
2. Optional: around the 30-minute mark, prep the toast station. Peel garlic. Slice bread. Decant finishing oil.
3. At 35 minutes: start preheating the plancha if using direct-contact toast.
4. At 45 minutes exactly: timer goes off. Eggs come out immediately. Do not leave them in 'just another minute' — texture can drift from silken to firm in 5-10 extra minutes.

WHY THIS WORKS

At 63°C, egg proteins are undergoing slow denaturation. The white's ovomucin (sets 61°C) is fully set by 15-20 minutes. Ovalbumin (sets 80°C) is not setting. Ovotransferrin (sets 65°C) is partially setting — this is what gives you the pearly translucent rim. The yolk is held at sub-coagulation, reaching thermal equilibrium but not changing texture irreversibly. At 45 min the yolk is in the silken-honey state; at 60 min it's still good but slightly firmer; at 75+ min it's approaching poached-yolk density. The window is real but forgiving — anywhere from 40-55 min produces close-to-target texture.

3 Phase 3 · Retrieve + Brief Chill — 1 minute

1. Using a slotted spoon or tongs, remove each egg from the bath.
2. Optional but recommended: plunge eggs into a small bowl of cold water (NOT ice water — just cold from the tap) for 30 seconds. This halts residual cooking.
3. Pat each egg shell dry with a paper towel.
4. The eggs are now ready to crack. The shell will release the egg cleanly onto the toast; the white will be pearly-set around the rim and loose-liquid in the center; the yolk will be intact and honey-textured.

WHY THIS WORKS

Residual cooking from captured shell heat continues for 1-2 minutes after removal from the bath. A brief cold-water plunge drops the shell temperature fast enough to halt protein denaturation — the yolk stays in the silken state instead of drifting toward firmer. Ice water is overkill for eggs (unlike octopus); regular cold tap water is enough for 30 seconds.

4

Phase 4 · Toast the Bread — 3 minutes

1. Plancha should be at 260-280°C (if using). If using a toaster oven: set to 220°C.
2. Rub each bread slice with a peeled garlic clove — both sides, firmly. The bread acts as a microplane, shredding garlic into the crumb.
3. Brush each slice lightly with olive oil — both sides, a thin film, not a soak.
4. Lay bread on plancha. 90 seconds first side. Flip. 75-90 seconds second side. Target: Maillard-brown with visible grill marks (if plancha has ridges) or just dark-golden surface.
5. Remove to warm plates immediately. Do not stack — bread loses crispness if stacked on another hot slice.



WHY THIS WORKS

The bread's open-crumb structure catches the egg yolk without collapsing. Maillard browning at the crust gives the bitter-savory complement to the egg's richness. Raw garlic rubbed before toasting lets the garlic oils absorb into the crumb; post-toast garlic gives surface-only flavor. Both approaches work; pre-toast rubbing is the Catalan tradition (pa-amb-tomàquet principle adapted). Olive oil on bread before toasting gets mostly absorbed; you're seasoning the bread, not adding visible oil to the plate.

5

Phase 5 · Assemble + Serve — 2 minutes

1. Place each warm garlic-toast on a warm plate.
2. Crack the egg open cleanly: tap the fat end (where you scored earlier) firmly on a hard surface, then pull the shell apart gently. The egg should release as a single piece — set-rim white around molten-center yolk.
3. Slide the egg onto the toast. The white will spread slightly; the yolk should stay intact.
4. Season immediately: flake salt on the egg (not on the bread), fresh black pepper (a few grinds), a drizzle of finishing olive oil across the yolk.
5. Truffle: if jarred, spoon 1/2 tsp truffle-in-oil at the edge of the egg. If fresh, microplane 8-10 shavings over the top — the shavings will sit ON the yolk, not penetrate it. Tier B: aggressive shave, 4-5 g fresh truffle per toast.
6. Optional: 2-3 snipped chives or a pinch of minced parsley for color. Keep minimal.
7. Serve immediately. The texture is fragile — egg temp cools, yolk firms — eat within 5 minutes of cracking.



WHY THIS WORKS

The egg on the plate is at ~55°C internal (dropped from 63°C during shell-chill + cracking). On the plate at room temp, it cools to ~45°C in 2-3 minutes and the yolk starts firming slightly. At 5 minutes on the plate, texture has drifted noticeably. Warm plates slow this by 1-2 minutes. This is why service is immediate.

QUICK REFERENCE

Timing Cheat Sheet

STEP	TIME	CUE
Circulator to 63°C	T- 5 0 m	10-min stabilize before eggs enter
Score + submerge eggs	T- 4 5 m	X on fat end, 1-2 mm deep
SV cook unattended	4 5 minutes	Do not open bath
Preheat plancha	T- 1 5 m	Ramp to 260-280°C, 8-10 min
Prep toast	T- 5 m	Slice, garlic-rub, oil-brush

STEP	TIME	CUE
Eggs out + chill 30s	T- 0	Cold tap water, not ice
Toast bread	T+ 3 0 s to T+ 2 m	90 sec per side on plancha
Crack + plate	T+ 2 m	Fat-end crack, slide onto toast
Dress + serve	T+ 2 m 3 0 s to T+ 3 m	Salt, pepper, oil, truffle, serve NOW

TROUBLESHOOTING

Emergency Protocols

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Technique Notes

● **Universal: 63°C Is the Egg Texture Cheat Code**

PROTEIN PRECISION · UNIVERSAL

Egg proteins have a wider denaturation temperature range than any other common protein. Ovomucin sets 61°C; ovalbumin sets 80°C; yolk proteins set 68-70°C. The band between 62-65°C is the 'egg-texture playground' — temperatures at which you can manipulate what sets, what stays liquid, and what holds a custard-like gel. 63°C × 45 min = silken honey yolk + rimmed-set white. 64°C × 60 min = slightly firmer yolk, fully-set white. 62°C × 45 min = liquid-raw yolk, white barely set. This exact-temperature control is what sous-vide gives you, and it's impossible with any traditional egg-cooking method. Once you understand the 62-65°C band, you can target any egg texture you want — which is a superpower for brunch cooking, pasta bar dishes, steak-egg toppings, and tapas. Reference: Food Science Core §Egg Proteins; Sous Vide §Temperature Tables.

● **Universal: The Three-Ingredient Tapa Discipline**

TAPA ARCHITECTURE · SPANISH MODERN

Modern Spanish bar cooking (the post-avant-garde, post-Basque-nueva-cocina tradition) has a strong aesthetic of the 'three-ingredient tapa' — one technique-driven protein + one vehicle (bread/rice/cracker) + one flavor-multiplier (truffle/jamón/caviar/oil). Examples: this recipe (SV egg + toast + truffle); jamón ibérico on pa-amb-tomaquet; boquerones on toast with pickled peppers; huevo roto con jamón. The discipline of three ingredients forces every element to earn its place. Cross-references: swordfish-ceviche-bottarga (ceviche + bottarga + lime), aguachile-verde (shrimp + aguachile + cucumber), kanpachi-crudo (fish + citrus + herb). Master the discipline and every tapa becomes more intentional. Reference: Spanish Foundations §Modern Tapa; Flavor Architecture §Minimalism.

● **Universal: The Eggshell Score**

SV EGG PREP · UNIVERSAL

Scoring a small X on the fat end of an eggshell before sous-vide cooking is a professional-kitchen practice that solves a genuine problem: the air cell at the fat end of the egg expands during the cook, and an intact shell can crack under that pressure. The score (1-2 mm deep, through the shell but not the membrane) is a pressure-relief valve. It doesn't leak egg out (the membrane is intact), but it lets air escape. This technique is essentially unmentioned in home recipes but universal in restaurant SV — it drops shell-crack rate from ~15% to near zero. Also makes opening the egg clean: the score becomes the crack point. Applies identically to every SV egg cook regardless of target temp or time. Reference: Sous Vide §Egg Techniques.

● **Universal: Cold Start → Stable Bath**

SV PREP · UNIVERSAL

The rule: ensure the SV bath is at target temperature AND stable for 10+ minutes BEFORE putting food in. Putting food into a warming bath means part of the cook happens at lower temperatures, which produces uneven textures — especially critical for eggs where the denaturation windows are narrow. The 10-minute wait is not a suggestion; it's the difference between dialed-in and inconsistent. Circulators display current temperature; wait until it holds within 0.1°C of target for 30 seconds. This applies to every SV cook (eggs, fish, meat, vegetables) but matters most at low temperatures where every degree changes texture. Reference: Sous Vide §Bath Stabilization.

● Catalan Tradition: Raw Garlic Before Toasting

BREAD TREATMENT · CROSS-SPANISH

Rubbing raw garlic on untoasted bread, then grilling or toasting, is the Catalan pa-amb-tomàquet principle applied beyond tomatoes. The raw garlic oils soak into the crumb; toasting then seals them in. Post-toast garlic rub gives only surface flavor. For any toast-based tapa where garlic is a component (pan-con-tomate, jamón toast, egg toast, anchovy toast), pre-rub is superior. Extends to: oil application (oil the raw bread, then toast = oil infuses; oil the toast = oil sits on surface), and herb-rub (fresh rosemary or thyme rubbed on raw bread, toasted in a pizza oven = herb-infused crust). Reference: Spanish Foundations §Pa-amb-Tomàquet; Bread & Baking §Toast Techniques.

● No Limits: Duck Eggs Change the Dish

INGREDIENT QUALITY · EGG SOURCE

Duck eggs are 15-20% larger than large chicken eggs, and — more importantly — have approximately 2× the yolk-fat content relative to yolk volume. At 63°C × 45 min, a duck-egg yolk has the same silken-honey texture but with a noticeably richer, creamier mouthfeel. Flavor is slightly more pronounced (gamier, more mineral). For this dish, duck eggs take the ● tier to a different level — the dish is about yolk richness, and duck yolk is the concentrated version of that same richness. Same SV time + temperature works identically (45 min at 63°C). Source: Miami farmer's markets weekend stalls (call ahead), Marky's Aventura (not always stocked). Reference: Protein Encyclopedia §Duck Eggs; Sourcing §Specialty Poultry.

● No Limits: Fresh Truffle Volatiles — Why Microplane at the Table

TRUFFLE TECHNIQUE · UNIVERSAL

Fresh black truffle's aromatic impact is carried by volatile organic compounds (mainly dimethyl sulfide + androstenone + 2-methylbutanal) that begin evaporating the moment the truffle is cut. Pre-shaved truffle loses 40-60% of its aroma within an hour at room temperature. The restaurant trick: shave truffle AT THE TABLE, in front of the guest, so the aromatic burst happens as the plate is set down. At home: keep the truffle whole until assembly; microplane directly over the plate; serve within 30 seconds of shaving. Fresh truffle thus shaved contributes 2-3× the aroma of the same weight pre-shaved. This principle applies to black winter truffle (*Tuber melanosporum*), summer truffle (*Tuber aestivum*), and white truffle (*Tuber magnatum*). Reference: *Luxury Ingredients* §Truffles; *Flavor Architecture* §Volatile Compounds.

PAIRING

What to Drink

Wine — Bubbles First

Tier A: Cava Brut Nature (grocery, Freixenet or Juvé y Camps basic) · Tier B: Gramona Brut Nature Reserva (serious Cava) or Champagne blanc de blancs (Laurent-Perrier La Cuvée)

The creamy yolk + truffle combination wants high-acid, dry bubbles to cut through and reset the palate between bites. Cava is the regional Spanish match (Penedès origin, food-friendly price). Champagne is the international upgrade. Avoid sweet bubbles (Asti, Prosecco rosato), oaky whites, and reds entirely with this dish.

Wine — The Alternative

A very cold dry sherry: Fino or Manzanilla (Tio Pepe, La Gitana)

The iodine-salinity + almond + bone-dry profile of Fino or Manzanilla is a traditional pairing for truffle-forward small plates. Serve at 7-9°C in a white-wine glass (not a sherry copita). The sherry-truffle dialogue is a specifically Spanish combination that most guests have never experienced. Try it as a surprise for experienced eaters.

Drink — If Brunch

A well-pulled espresso or double ristretto, or a crisp dry Vouvray if going wine at brunch

This dish works as a Sunday-brunch opener too. Coffee cuts the richness in the same way bubbles would in dinner context. The dish's richness vs. the bitterness/acid of the coffee is a classic rich-egg-dish pairing (French kitchens do this with omelette aux truffes + espresso too).

Accompaniment — Optional Second Toast

If scaling up: serve with a small side plate of extra garlic-toast slices for sopping any sauce/oil that escapes the primary toast

The egg yolk + olive oil + truffle oil pools on the plate; extra toast lets guests sop everything. For a solo portion, one toast is complete. For a shared platter of 4-6, extra toast slices in the middle of the table work.

Course Context — As Opener

This dish as the first course of a 3-course dinner: opener (this), main (pulpo SV-plancha from Batch 9, or any fish/meat), dessert

The SV-egg toast is an ideal opener — small portion, impressive technique, leaves room for bigger courses. Specifically pairs with pulpo SV-plancha (Batch 9 · this workspace) as the 'SV Technique Dinner' arc: two different SV temperatures, two different proteins, one unified theme of precision cooking.

Standalone — As Brunch Centerpiece

One toast per person + 2 rashers of thick-cut Ibérico bacon or jamón ibérico on the side + bubbles

For a weekend brunch, scale one toast per person + a protein side + bubbles. The SV egg is the anchor; everything else supports. Simple, technique-driven, 45 minutes of idle cook time means you're not chained to the stove when guests arrive.

Menu Ideas

SV Technique Dinner · 4 guests · Batch 9 Pair

The sous-vide-focused menu: 1. Yema curada SV + truffle toast (this recipe, opener). 2. Pulpo SV-plancha (Batch 9 · main). 3. Optional vegetable course. 4. Dessert. Two distinct SV temperatures (63°C and 77°C) taught back-to-back. Opens conversation about what SV enables.

Sunday Brunch · 4-6 guests

1. Coffee + pastries arrival. 2. Yema curada SV + truffle toast (this recipe, center). 3. A small plate of seasonal fruit + ricotta. 4. Extra toast for sopping. Bubbles or crisp Vouvray. Casual, impressive, most of the work is idle SV time.

Tapa Flight · 6-8 guests · Technique Showcase

A flight of 5-6 technique-driven tapas: 1. Yema curada SV + truffle (this). 2. Mejillones escabeche (Batch 5). 3. Aguachile verde. 4. Corvina ceviche leche tigre. 5. Pulpo SV-plancha (Batch 9) as final. Flights let guests experience multiple techniques in small doses. Cava throughout.

Dinner-Party Opener · 8 guests

Scale to 8 toasts. Pre-sear plancha-toasted bread up to 30 minutes ahead (holds well in a 50°C oven). Crack eggs on toast at the table in front of guests — the visual of the yolk spreading is the opening-course drama. Follow with a heavier main (chuletón, cordero lechal, or pulpo SV).

YOUR NOTES

Cook Log

Session Notes

Date: _____ · Serves: _____ · Rating: __ / 5

Use this space to record what you changed, what worked, and what you'd do differently next time. Your future self will thank you.



Stop following recipes. Start understanding food.

