

# NEGI CONFIT

## WITH A POACHED EGG AND WHOLE GRAIN MUSTARD VINAIGRETTE

*Yield: 8 Portions*

Ingredients	Amounts
Negi, trimmed	8 each
Salt	as needed
Ground black pepper	as needed
Extra-virgin olive oil	2 cup
White wine	$\frac{3}{4}$ cup
Thyme sprigs	8 ea.
Bay leaves	2 ea.
 <i>For the Vinaigrette</i>	
Red wine vinegar	$\frac{1}{4}$ cup
Shallot, minced	1 Tbsp.
Whole grain mustard	2 Tbsp.
Extra-virgin olive oil	$\frac{1}{2}$ cup
Arugula	2 cups
Egg, poached	8 ea.
Micro greens	1 Tbsp.
Chives, chopped	1 bunch
Chive blossom petals, optional	as needed

### Method

1. Season the negi with salt and pepper.
2. Combine the oil, wine, thyme, and bay leaf in a pot. Bring to a low simmer.
3. Add the negi to the pot, they should be submerged. Top with a piece of parchment and a lid, and reduce the heat to low and cook for 20 minutes or until fork tender.
4. *For the Vinaigrette:* Combine the vinegar, shallots and mustard in a bowl. Let sit for a few minutes. Whisk in the olive oil. Season with salt and pepper.
5. *To Serve:* Place a handful of arugula on each plate.
6. Drain the negi. Place on top of the arugula in a line. Drizzle with vinaigrette. Top with a poached egg. Drizzle the egg with a little vinaigrette and sprinkle with chives and micro greens.

**Variations:** If cooking using an immersion circulator, use 4 oz. extra-virgin olive oil, 3 tablespoons white wine, thyme and bay leaf. Seal in a bag and cook in a 185°F water bath until tender, approximately 45 minutes.