



Warm Frisée-Lardon Salade with Poached Eggs in Red-Wine Sauce

READY IN



1500 min.

SERVINGS



4

CALORIES



790 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 8 slices baguette (1/2-inch-thick)
- ☐ 0.7 cup veal demi-glace
- ☐ 750 ml cooking wine dry red
- ☐ 8 large eggs
- ☐ 0.5 tablespoon flour all-purpose
- ☐ 4 cups frisée trimmed
- ☐ 1 garlic clove halved
- ☐ 2 garlic cloves chopped

- ☐ 2 teaspoons olive oil
- ☐ 1 large parsley sprig
- ☐ 0.5 cup shallots chopped
- ☐ 0.3 pound slab bacon
- ☐ 4 thyme sprigs
- ☐ 1 teaspoon tomato paste
- ☐ 1 turkish or
- ☐ 1.5 tablespoons butter unsalted divided
- ☐ 1 teaspoon distilled vinegar white

Equipment

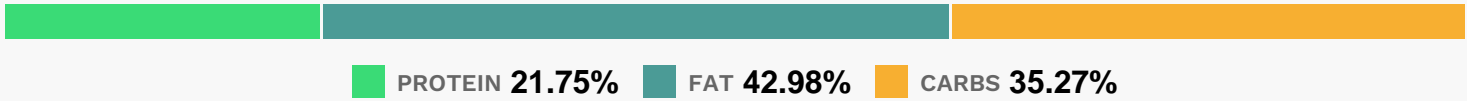
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ sieve
- ☐ aluminum foil
- ☐ spatula

Directions

- ☐ Cook shallots in 1 tablespoon butter in a heavy medium saucepan over medium heat, stirring, until golden, about 3 minutes.
- ☐ Add tomato paste and cook, stirring, 1 minute.
- ☐ Add wine, garlic, thyme, parsley, bay leaf, 1/2 teaspoon salt, and 1/4 teaspoon pepper and boil until reduced to about 1 cup, 25 to 40 minutes.
- ☐ Preheat oven to 350°F with racks in upper and lower thirds.

- ☐ Meanwhile, cook lardons in a small heavy skillet over medium heat, stirring occasionally, until browned but not crisp.
- ☐ Drain on paper towels.
- ☐ Strain wine mixture through a fine-mesh sieve into a bowl, pressing on and then discarding solids. Return to saucepan, then stir in veal demi-glace and bring to a simmer.
- ☐ Stir together flour and remaining 1/2 tablespoon butter to make a beurre manié, then whisk into sauce and simmer, whisking occasionally, 3 minutes.
- ☐ Add half of lardons to sauce and keep warm off heat, covered. Wrap remaining lardons in foil and keep warm on rack in lower third of oven.
- ☐ Brush baguette slices with oil and season lightly with salt and pepper. Toast in upper third of oven until pale golden and crisp, about 10 minutes. Rub garlic on toasts.
- ☐ Meanwhile, fill a deep large skillet with 1 1/4 inches water, then add vinegar and bring to a simmer. Break 1 egg into a cup and slide egg into water. Repeat with remaining eggs, spacing them apart, and poach at a bare simmer until whites are firm but yolks are still runny, 2 to 3 minutes.
- ☐ Toss frisée with vinegar and 1/4 teaspoon salt, then with oil, and divide among 4 plates.
- ☐ Lift each egg out of poaching liquid with a slotted spatula and gently pat dry (still on spatula), then transfer to a toast. Season eggs lightly with salt and pepper and divide among salads.
- ☐ Pour sauce over eggs and sprinkle salads with remaining lardons.
- ☐ Sauce can be made 1 day ahead and chilled, covered (once cool).

Nutrition Facts



Properties

Glycemic Index:102.19, Glycemic Load:23.21, Inflammation Score:-10, Nutrition Score:31.595217995022%

Flavonoids

Petunidin: 6.31mg, Petunidin: 6.31mg, Petunidin: 6.31mg, Petunidin: 6.31mg Delphinidin: 7.95mg, Delphinidin: 7.95mg, Delphinidin: 7.95mg, Delphinidin: 7.95mg Malvidin: 49.91mg, Malvidin: 49.91mg, Malvidin: 49.91mg, Malvidin: 49.91mg Peonidin: 3.52mg, Peonidin: 3.52mg, Peonidin: 3.52mg, Peonidin: 3.52mg Catechin: 14.65mg, Catechin: 14.65mg, Catechin: 14.65mg, Catechin: 14.65mg Epicatechin: 20.28mg, Epicatechin: 20.28mg, Epicatechin: 20.28mg, Epicatechin: 20.28mg Apigenin: 0.95mg, Apigenin: 0.95mg, Apigenin: 0.95mg, Apigenin: 0.95mg

Luteolin: 1.57mg, Luteolin: 1.57mg, Luteolin: 1.57mg, Luteolin: 1.57mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 1.25mg, Kaempferol: 1.25mg, Kaempferol: 1.25mg, Kaempferol: 1.25mg Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg Quercetin: 4.39mg, Quercetin: 4.39mg, Quercetin: 4.39mg, Quercetin: 4.39mg

Nutrients (% of daily need)

Calories: 789.61kcal (39.48%), Fat: 30.77g (47.34%), Saturated Fat: 10.27g (64.2%), Carbohydrates: 56.8g (18.93%), Net Carbohydrates: 52.22g (18.99%), Sugar: 9.81g (10.9%), Cholesterol: 402mg (134%), Sodium: 1553mg (67.52%), Alcohol: 19.97g (100%), Alcohol %: 4.91% (100%), Protein: 35.03g (70.07%), Vitamin K: 157.14µg (149.66%), Vitamin A: 3634.56IU (72.69%), Selenium: 48.69µg (69.55%), Folate: 183.53µg (45.88%), Vitamin B2: 0.76mg (44.56%), Vitamin B1: 0.55mg (36.81%), Iron: 6.48mg (36%), Phosphorus: 349.11mg (34.91%), Manganese: 0.7mg (34.9%), Vitamin B5: 2.63mg (26.28%), Vitamin B6: 0.5mg (25.12%), Vitamin B3: 4.57mg (22.86%), Vitamin C: 17.34mg (21.02%), Vitamin E: 2.98mg (19.85%), Calcium: 196.27mg (19.63%), Fiber: 4.58g (18.32%), Copper: 0.36mg (17.77%), Potassium: 616.42mg (17.61%), Vitamin B12: 1.04µg (17.34%), Zinc: 2.53mg (16.85%), Vitamin D: 2.19µg (14.61%), Magnesium: 56.52mg (14.13%)