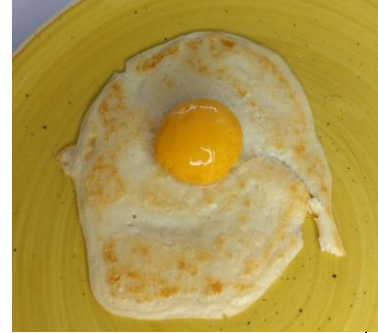


## Eye for an eye – Vegan Fried Egg

If 8 years ago they told me that you could make a vegan egg – I would laugh in disbelief! But just as "**With God's will even a broom shoots**" – it turns out (again and again) that culinary creativity surpasses any imagination and manages to do what in the first place seemed "impossible"! This version consists of yolk sauce, silken tofu, agar agar powder and more that is most similar in my opinion to the original. Try and judge for yourselves.



## Ingredients

### "Egg White"

- 300g firm silken tofu drained.
- 3 tablespoons [sticky rice flour](#) (sweet rice flour)
- 2 tablespoons cornstarch
- 2 tablespoons olive oil
- 1 teaspoon [agar-agar powder](#)
- 1/2 cup water
- 1/4 teaspoon black [salt](#) or to taste

### "Egg Yolk"

#### For the yolk sauce

- 1 tablespoon nutritional yeast
- 1/2 teaspoon Sodium [Alginate](#)
- 1/8 teaspoon sweet paprika
- 1/8 teaspoon turmeric
- 1/3 cup vegan [butter preferably](#) without salt

- 1/3 cup water
- 1/3 cup [un-sweetened almond milk](#) or soy milk
- 1/4 teaspoon black salt [The black](#) salt is added after being removed from the heat
- 1/4-1/2 teaspoon annatto oil – to deepen the color of the yolk - optional

### **Double Spherification – To Create The Yolk Membrane**

#### **For The Calcium Chloride Solution**

- 400 ml water
- 1 teaspoon [calcium chloride](#) approximately 6 grams

#### **For The Sodium Alginate Solution**

- 1 liter of filtered water
- 1/2 tablespoon sodium [alginate](#)

#### **For The Wash Bath**

- 1 liter container filled with water (to wash the yolk from the excess of the alginate solution)

### **Method**

#### **Early preparations**

##### **Prepare the sodium alginate solution:**

Mix the water with the sodium alginate in the blender for a few minutes until homogeneous. Transfer to an airtight container and refrigerate for at least an hour to remove the bubbles. Remove from the refrigerator early enough so it will reach room temperature. (The alginate solution can be prepared a few days in advance).

### "Egg White"

1. Mix all the egg white ingredients in the blender and set aside.

### Yolk sauce

1. In a small bowl mix milk and water and set aside.
2. In a small bowl mix all the dry ingredients, except the black salt, and set aside.
3. In a small saucepan melt the butter slowly over a low heat.
4. Add the dry ingredients except the black salt and mix well.
5. Add the water and milk gradually while stirring, increase to a medium-low heat.
6. Cook until simmering, or until it reaches the desired consistency. If the mixture is too thick, add a little water gradually. Remove from the heat.
7. At this point, if desired, add annatto oil gradually until the desired color is obtained. **Please note** that even without Annatto you will get a beautiful yellow color. Annatto oil gives the yolk an orange hue.
8. Cool the mixture for 2-3 minutes.
9. Add the black salt and mix well.

### Calcium chloride solution

1. Pour the water into a bowl – so you can work comfortably.
2. Add the Calcium Chloride to the bowl and mix well.

### Sodium alginate solution

1. If you haven't done it earlier – take out the sodium alginate solution from the fridge at least an hour in advance – so that our precious yolks don't catch a cold :)

### Frying the Egg White

1. Heat a non-stick pan with some oil on a medium heat.
2. Add about 2 tablespoons of the Egg White mixture and flatten gently with the back of a spoon.
3. Frying takes longer than a normal egg – fry for about 2 minutes on one side until slightly golden and the Egg White is easily released from the pan.
4. Flip with a spatula, fry for about 2 more minutes and gently slide into a plate.

### Yolk "membrane"\*\*\*

#### Prepare In Advance

1. Transfer the yolk sauce to a pouring cup – like OXO - it will be more convenient.
2. Arrange side by side the Calcium Chloride bowl, the Sodium alginate bowl/container and the rinse bath.
3. **Keep at hand:** Measuring tablespoon, 2 standard tablespoons and a timer (use your phone timer 😊)
4. **Creating the membrane:** dip a measuring tablespoon in the Calcium Chloride solution; Then pour into a tablespoon of the yolk sauce – this will make it easier for us to shape a yolk; immerse the spoon in the Calcium Chloride solution gently, vertically – so that the face of the spoon is turned upwards, for 30 seconds (this is why the bowl – more ergonomically comfortable); Turn the spoon gently (when it is inside the solution) and gently release it from the yolk.
5. After about 20 seconds, turn carefully to make sure the yolk is evenly viewed. You don't touch the yolk directly, but "make waves" around it – pushing the surrounding solution with a regular spoon – it will turn over like a fetus in the womb (sorry for the image, I couldn't help it ;)

6. Leave the yolk in the calcium solution for another 10-40 seconds; It is not recommended to leave it in the calcium solution for more than a total of one and a half minutes.
7. It requires a little practice – but don't worry – after several attempts you, too, will catch the technique
8. Using a standard spoon, carefully remove the yolk from the calcium chloride solution and transfer it to the sodium alginate solution. After about a minute, turn carefully so that the yolk is evenly coated with the solution; Don't touch the yolk directly, Instead "make waves" around it – pushing the surrounding solution with a regular spoon – until the yolk flips over.
9. Leave the yolk in the sodium alginate solution for a total of 2-3 minutes – no more.
10. **Interim note:** it's very important to keep the time to maintain the texture of the yolk – otherwise it may thicken/harden too much. On the other hand, too short will not be enough to create a sufficiently durable membrane.
11. Transfer the yolk gently, using a regular spoon to the pre-prepared rinse bath, to wash away the excess sodium alginate solution. Turn carefully to wash it on all sides.
12. Remove, the yolk, with the help of a spoon from the water, place in the center of the fried egg white that we have prepared earlier and serve. If not served immediately, keep the yolks in the water bath; It is not recommended to leave them in the water for more than an hour – they may lose their texture.
13. Serve with bread or on a burger, you can also serve on a toasted bun and vegan bacon – enjoy and thank the Vegan God for the wonder!

**Tips and Hacks:**

\*It is important to use an excellent quality non-stick pan.

\*\* If you want to deepen the color of the yolk, you can add 1/4 - 1/2 teaspoon of annatto [oil](#) extract – but it is really not necessary – even without it – a beautiful yolk color comes out.

\*\*\* Instead of molding the yolks with a measuring spoon, you can freeze the prepared yolk sauce in a silicone mold of half-sphere about 4 cm in [diameter](#). Remove them from the freezer, easily release them from the mold, and dip in the calcium chloride and sodium alginate solutions. You will get a beautiful yolk – However, it should be taken into account that since the yolks are frozen – they should be dipped (after the calcium chloride and sodium alginate solution) in hot (not boiling) water for about 3 minutes. The advantage of using this method is the ease of design of the yolks, as well as the availability – yolks can be retrieved from the freezer at any time. The fault – the texture of the yolk is not as runny as the spoon method.

- It is recommended, at least initially, when you are still practicing and acquiring skill, to work with a timer.
- It is not recommended to keep prepared egg yolks in the refrigerator (in a container with water) – their texture and flavor will change. It is better to make them near serving.
- After I will try with calcium lactet-gluconate – I will inform you of course – because this may be a shortcut – in which case we only need the sodium alginate solution – without the need for the calcium chloride solution.
- It is recommended to prepare the yolk sauce next to serving. Although it will hold the refrigerator for at least a few days, it will thicken slightly and then extra water may violate its "delicate balance" to form the membrane.
- If you want a yolk with a more liquid texture – put in the yolk sauce a little less sodium alginate– something like 1/4 + 1/8 teaspoon (just under half a teaspoon).
- If you keep track of exactly the instructions and quantities– you are guaranteed success.
- Later on (hope soon) I will demonstrate the process with a video.

- And after all the saga, you really don't have to make the membrane. You can just pour some yolk sauce on the egg white (e.g., [in the recipe for shakshuka](#)) that we have prepared in advance. This recipe, as mentioned, is for those who are craving for fried eggs, dunk a bread in the yolk and are willing to practice.
- Those who have [a special spoon for spherification](#) – are lucky :) – but this is absolutely not necessary, a regular spoon as mentioned does the job.

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### Tools and Gadgets



[OXO SMALL SPATULA](#)



[A whisk with metal balls](#)



[OXO MEASURING CUPS](#)



[Silicone mold for creating egg yolks](#)



[Measuring spoons including 1/8 teaspoon](#)