
Wasabi Deviled Eggs

Description

I made this for a catered party and they were a real “Wow” – no one knew that they were really easy to make!

Total time: 30 min Yield: 6 Servings

Ingredients

6 eggs
1 green onion
1/4 cup low or fat-free sour cream
1 tsp light mayonnaise
1 Tbsp prepared wasabi paste (use less for a milder filling)
1/2 tsp salt
paprika
2 oz tobiko (ikura can be substituted)

Prep Time: 30 min Total Time: 30 min

Instructions

To boil the perfect egg, fill a small pot with enough water to fully submerge the eggs, giving them plenty of room. Bring the water to a boil, add the eggs and set your timer for 13 minutes. While the eggs boil, fill a large bowl with ice and water to create an ice bath. At exactly 13 minutes, drain the boiling water and place the eggs into the ice bath to stop the cooking process. This will result in a perfect, beautifully cooked yellow yolk with no dark discoloration, which occurs from overcooking.

Get a small bowl and fill with with ice cubes and water. Cut the green part of your green onion into 2" pieces. Then carefully make thin slices down the length of each piece. Place into the ice bath to allow the green onion to "bloom" into a spray (the cold water will cause the cut parts to curl).

Peel eggs, then slice each egg lengthwise. Carefully remove the yolk and put into a bowl and set the sliced egg whites aside. Add the sour cream, mayonnaise, wasabi paste, and salt and thoroughly mix, using a fork to help break up the yolk. Put the mixture into a sandwich bag, cut off a corner, and squeeze back into the empty eggs. To finish each egg, dust with paprika and add a small dollop of tobiko, then garnish with a green onion spray.

Recipe brought to you by:

Chef Michi Holland

Source:

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