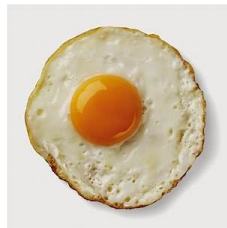




Are you good at molecular gastronomy?



How to make a fried egg in a trompe-l'oeil style?



**1. What do I need ?**

<p><i>*Measures : grams/millilitres/ litres</i></p>	<p>Egg white</p> 	<p>Egg yolk</p> 
<p>ingredients</p>	<p>50 ml milk 50 ml cream 30% fat 4 grams sugar 2 gram agar agar</p>	<p>100ml mango nectar 2 grams sodium alginate  150ml water 3 grams gluco</p>
<p>utensils</p>	<p>Measuring tube Spatula Sauce pan Plastic spoon plate</p>	<p>Spoon Mixing bowl Spatula skimmer</p>

2. The recipe (experimental protocol) instructions : *pour/heat/mix/put/make a sphere/add/boil/let it rest*



1. First, **put** 50 ml of milk and 50ml of cream in a measuring tube and **pour** the mixing into a sauce pan.



2. Then, **heat** the mixing.



3. Next, **add** 5 grams of sugar and 1 gram of agar agar.



4. After that, **boil** it.



5. Then, **put** it in a plate or a little bowl.



6. For the egg yolk, **mix** 100ml of mango nectar and 2 grams of sodium alginate and **blend** the mixing with a blender.

You **can add** artificial colouring if you want.

In another bowl, **mix** 150 ml of water and 3 grams of gluco.



7. Then, **put** some of the yellow mixing in a round spoon to make a sphere. Then, **put** it into the bowl of water and gluco, and **let it rest** for a few minutes. Then, **make a sphere** that you let for a few-minute rest in the bowl for a few minutes.



8. Finally, **use** a skimmer to take the sphere and **put** it at the centre of the plate.