



Poggio

777 Bridgeway, Sausalito, CA 94965

www.poggiotrattoria.com

poggio

Garlic and Parmigiano Sformato



Ingredients

1 cup	heavy cream
1 cup	whole milk
1 cup	cubed bread
3	egg yolks
2	eggs
¼ cup	parmigiano, grated
½ cup	chopped green garlic
as needed	kosher salt
1 tbsl	olive oil
1 cup	shucked English peas
As needed	water and ice
1 lb.	mache
1 piece	parmigiano, for shaving
1 bottle	extra virgin olive oil, for dressing the mache
As needed	sea salt and fresh ground black pepper

Directions

Sweat green garlic in a small pot with olive oil, salt and a little water on medium low heat. Cook until army green and very tender. Set aside to cool and strain out all excess water. Shuck peas from pod and cook in boiling salted water until tender. Shock in ice water to preserve color. Remove from water when cool and reserve for later. Heat milk and cream to a simmer. Add parmigiano.

Mix egg yolks and whole eggs. Temper eggs with a little hot cream and cheese mixture. Slowly add the rest. Strain through medium mesh filter over cubed bread. Mix thoroughly with green garlic and cover. Let stand for 5 minutes, then puree.

Before pouring the sformato batter into your soufflé dishes, butter or spray them to prevent sticking. Bake in a water bath. (Place the molds in a larger pan and fill partway with hot water) in a 350 degree oven covered with aluminum foil. Make some small holes in the foil to prevent the sformato from overcooking from a build up of steam. This should take about 35 to 45 minutes.

When set, uncover and cook another 5 minutes to lightly brown the tops.

For plating:

Allow sformato to cool for about 15 minutes prior to removing with a small knife from the dish. Toss mache with extra virgin olive oil, sea salt and pepper, English peas and shaved parmigiano (use a vegetable peeler) and place on plate with sformato.

Serves 4-6, depending on size