

ISLAND GROWN

HARVEST ^{OF} THE MONTH

- March -

EGGS

CURED EGG YOLKS

(Next time your recipe calls for just egg whites - save the yolks!)

4 large local egg yolks

1 3/4 cup Kosher salt

1 1/2 cup sugar

**Freshly ground
black pepper**

lid on glass baking dish or tightly cover with plastic wrap and place in the refrigerator for 4 days.

Preheat oven to 150/170 degrees F (whatever the lowest setting is on your oven). Remove egg yolks from the salt mixture. The yolks should now have a gummy-like texture. Gently brush the salt mixture off each yolk and carefully rinse in cold water to remove excess salt. Discard remaining salt mixture.

Place yolks on a cooling rack (sprayed with non-stick spray) on top of a cookie sheet and bake for 1.5 - 2 hours until yolks are firm through. Turn off oven and let yolks remain in the oven until completely cooled. Store yolks in the fridge in an airtight container. Enjoy by grating or shaving them onto pasta, salad, crostini, roasted veggies or on anything you might use parmesan cheese!

Recipe by Gabrielle Sullo



For more information visit

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