

Goose Eggs with Chanterelles

recipe by Clark Barlowe
photographed by Melissa McGaw

You don't have to be a chef to make this dish that is equal parts tasty and attractive. However, even a chef like Clark Barlowe, who runs Heirloom Restaurant in Charlotte and specializes in preparing unique and locally sourced dishes, considers this one of his favorites.

"This dish combines some of my favorite seasonal delicacies," said Barlowe, a native of Lenoir. "Goose eggs are a rare spring treat and the chanterelles will come into season shortly after the eggs are harvested."

Although the dish specifically calls for goose eggs and chanterelles, Barlowe said that substituting locally sourced chicken eggs and mushrooms will work just fine. The clover vinaigrette makes for a creative finishing touch. "The clover vinaigrette allows us to utilize what many consider a weed for an excellent culinary application," Barlowe said.

Sunnyside Up Goose Eggs with Chanterelle Mushrooms and Clover Vinaigrette

INGREDIENTS (makes two portions)

3 quarts chanterelle mushrooms
2 goose eggs
2 tablespoons butter
4 ounces fresh clover greens and flowers (if available)
2 sprigs thyme
1 shallot
1 cup herb vinegar
3 ounces baby greens
1 tablespoon whole grain mustard
Salt and pepper
2 cups canola oil

PREPARATION

Clean the mushrooms by using minimal water, damp towels or a brush to remove dirt and debris. Melt butter in a non-stick pan and crack eggs into the pan. Season eggs with salt and pepper, and cover with another pan to form a "dome." Lower heat to medium-low and check on eggs every two minutes to avoid over-cooking.

In a blender, combine shallots, thyme leaves (no stems), herb vinegar and mustard. Blend until well combined. Slowly drizzle canola oil into slow moving blender to form clover vinaigrette. Season with salt and pepper to taste.

Once eggs are fully cooked and the white is no longer translucent, remove the eggs and set aside on a plate. Sauté chanterelles in the remaining butter for two to three minutes on high heat and season with salt and pepper.

Plate the chanterelles around the egg. Dress the baby greens with 1 to 2 tablespoons of vinaigrette and refrigerate the rest for later use. Place the baby greens around the egg with chanterelles. Finish the dish with a drizzle of clover vinaigrette. Serve hot.