



Tips & Techniques

Grills

Sage[®]

To tilt or not to tilt?

Controlling liquid while cooking is the key to balanced flavours



Draining juices during cooking can help bacon brown

The secret to the tastiest Full English Breakfast is controlling what happens to the juices released from ingredients like bacon to ensure they don't interfere with caramelisation.

A properly caramelised surface is caused by the Maillard Reaction which occurs significantly at temperatures of 120°C and above. Too much liquid in the pan can cool down the ingredients and prevent the Maillard Reaction from occurring. So sometimes, removing the juices is critical to developing proper flavour. For these ingredients, it works best to drain the juices while you cook.



Keeping liquid ingredients like eggs as flat as possible ensures even results

Ingredients like eggs or cheese need to be cooked flat to avoid a mess. For these ingredients, it's important to keep the pan as flat as possible.

So how do you drain fat one day and cook flat the next?

TIP

If using a gas stove, hold the pan on an angle while cooking bacon and spoon the juices out from time to time. When using electric or induction, tilt the pan occasionally to drain excess liquid. Alternatively, the Sage AdjustaGrill & Press has adjustable tilt control. Retract the front feet underneath the grill to angle the plates for bacon and other juicy meats. Flip the feet outwards when grilling eggs or breads to cook more evenly and keep ingredients where they belong.

Croque Madame

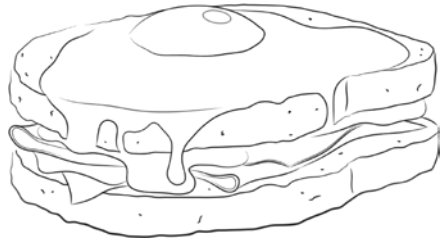
Serves 4

INGREDIENTS

40g butter
2 tablespoons plain flour
1¼ cups milk
400g Gruyere
1 teaspoon Dijon mustard
Salt and freshly ground black pepper
8 slices middle cut bacon
8 thick slices sourdough
1 tablespoon olive oil
4 large eggs

METHOD

1. Melt butter in a saucepan over medium-high heat and stir in flour to form a thick paste (roux). Cook, stirring, for 1 minute.
2. Slowly add milk, whisking continuously until all the milk has been added. Bring to the boil and reduce heat to medium-low. Simmer until thick.
3. Grate ⅓ cup of gruyere and stir through sauce along with Dijon mustard. Season to taste with salt and pepper. Cover and set aside to cool.
4. Preheat the grill using SEAR setting until the green READY light illuminates. Place bacon on preheated grill with the top plate open and the feet flipped back so it is in the tilt position. Cook, turning often, for 3–5 minutes or until cooked to your liking.
5. Remove bacon and flip the feet forward so the grill is in the flat position. Crack eggs onto preheated grill and allow the top plate to rest on the adjustable height control clip on HIGH. Cook for 3–4 minutes or until cooked to your liking. Set aside.
6. To build the sandwich, lay 4 slices of sourdough on work surface, top each slice with 2 slices of bacon.
7. Slice remaining gruyere into thick slices and distribute evenly across the bread. Top with remaining bread slices
8. Preheat the grill using SANDWICH setting until the green READY light illuminates. Place sandwiches on preheated grill and toast for 3–4 minutes or until cheese is melted and sourdough is crisp and golden.
9. Open lid and spoon a generous dollop of sauce over the top of each sandwich and place cooked egg on top.
10. Allow the top plate to rest on the adjustable height control clip on HIGH and cook for 2–3 minutes or until sauce has melted.



Sage[®]

www.sageappliances.com