



Scrambled Eggs with Lime Crème Fraîche and White Sturgeon Caviar



Jim – 4 Guys and a Tomato

Event: Bainbridge Island Spouses and Guests, August 16, 2025

Inspired by: *Rover's, Recipes from Seattle's Chef in the Hat*

We honor our late friend, James Beard Award winning chef Thierry Rautureau. He would serve his signature dish as the first appetizer at Rover's, arguably the finest French restaurant in the Pacific Northwest.

Serve light and fluffy scrambled eggs and caviar in the eggshell, presented in a special egg cup. You can also use an espresso cup, or even a shot glass. Thierry would garnish it with a small sprig of Chervil. Since chervil is a spring herb (and it's dry in my garden), I garnished with an oregano flower.



You can now purchase white sturgeon caviar sustainably farmed and less expensive that's produced in Idaho. My supplier is Seattle Caviar Company.

Ingredients: (makes 12)

12	Large	Eggs
3	Tblsp	Unsalted Butter
4 ½	tsp	Shallots, minced
¾	tsp	Fresh Thyme, minced
6	tsp	Fresh Flat-leafed Parsley, minced
		Sea Salt
		White Pepper, freshly ground
1	oz	White Sturgeon Caviar (2 ounces to be as generous as Thierry)
9	Tblsp	Crème Fraîche
1	Tbsp	Lime Juice, freshly squeezed
12		Oregano flowers or other suitable garnishes

Directions:

- Prepare the crème fraîche by whisking in the lime juice; put it in a pastry bag (optional) and keep it well chilled
- Use a spring-loaded eggshell cutter, which can be purchased easily online (you will be glad you did) to score the top of the narrow end of the egg



- Separate the top using a pointed paring knife
- Pour the egg into a bowl; reserve the shell; discard the top
- Refrigerate the eggs while the eggshells are prepared and dry
- Submerge the eggshells in boiling water for three minutes to sterilize them; set them upside down on a rack or paper towel to dry for about an hour or two
- Once dry, you can gently separate the membrane from the shell; discard the membrane
- Whisk the eggs until thoroughly blended and smooth (you can use an immersion blender)
- Strain the eggs through a medium sieve to remove stray bits of shell and any of the stringy white (called the chalaza)
- Heat butter in a saucepan or skillet until foamy white, then add the shallots and thyme; cook until tender and aromatic, about 2 minutes
- Add the eggs and continuously whisk over a low flame – be patient, it takes time to warm the egg mixture
- As the eggs start to solidify remove the skillet temporarily from the heat to keep the curds small and fluffy; keep whisking and moving the skillet on and off the heat
- When the eggs are moist and fluffy remove from the heat and stir in parsley (note, remove the eggs before they are fully cooked because the heat of the pan will continue to cook them)
- Spoon the eggs into the shell; pipe the crème fraîche; mound the caviar; garnish
- Serve the eggs warm with a small spoon