

Avocado stuffed black eggs

COOKING
LOVERS TEKA

Raciones para 1

3	Eggs
1 1	Balsamic vinegar
1	Avocado
	Salt
	Black ground pepper
	Tabasco sauce
1/2	Lemon
1 teaspoon	Mayonnaise

- 1 Place the eggs into a saucepan, big enough for all the eggs or will crash into another. Add enough cold water to cover them, about 1 cm.
- 2 Bring water to a boil, then turn to a simmer, put a timer on for 7 minutes.
- 3 As soon as they are cooked drain off the hot water and cool rapidly under cold running water. Let the cold tap run over them for about 1 minute, then leave them in cold water till they're cool enough to handle, about 2 minutes.
- 4 To peel the egg, crack the shells on a hard surface. Rinse again in case there are any bits of shell still clinging and to remove everything.
- 5 Place the boiled eggs in a container and cover with balsamic vinegar. Transfer to the refrigerator and let the eggs dye for 12 to 24 hours.
- 6 Remove the eggs from the vinegar, wash with water and cut in half, lengthwise.
- 7 Remove the egg yolks and mash together with the avocado flesh. Season to taste with salt, ground black pepper, Tabasco sauce and a little lemon juice. Add the mayonnaise to the filling.
- 8 Stuff the egg whites with the filling, garnish with fresh parsley and serve.

Chef's Notes

<https://cookinglovers.teka.com/en/receta/huevos-negros-rellenos-de-aguacate/>

