

Salt Cured Egg Yolks

From: Leta's Creative Kitchen <https://wordpress.com/post/letascreativekitchen.wordpress.com/241>

INGREDIENTS:

6 egg yolks – chicken, duck or goose
course sea salt (2-4 cups depending on your container)
apple cider vinegar (optional)

TOOLS NEEDED:

Dehydrator, OR
Oven and small cooling rack

DIRECTIONS:

1. Find a container large enough to hold all the yolks (approx. double the yolk size). Some have used a muffin tin and put one yolk in each hole. Cover the bottom of the container with ½ - 1” of salt.
2. Use an egg to make a little divot in the salt to place your egg yolk in.
3. Crack the eggs one at a time, separating the white from the yolk. Be careful not to break the yolk.
4. Place one yolk in each divot and cover the yolks completely with salt.
5. Leave the container uncovered and place it in the fridge.
6. Check the yolks at day 5. Remove one yolk from the salt and give it a gentle squeeze. If it is the consistency of a gummy candy, you're ready to remove all the yolks from the salt. If not, put it back and wait 2 more days.
7. Remove the yolks from the salt and rinse them in the vinegar to remove the stuck-on salt.
8. If using a dehydrator, place the yolks on a tray and dry them at a low setting overnight until they have lost some “squish” and are the consistency of a stale gummy candy.
9. If not using a dehydrator, you can put them in the oven at 150 for around 2 hours or leave them in the oven for two days with the oven off.
10. Store in an airtight container.

NOTES:

There are many different versions of this recipe on the web. Some use only salt, some a mix of salt and sugar. The timing for curing and drying varies greatly so don't worry if you leave the yolks in salt longer or dry them longer.