Hard-Boiled Egg Pea Aspic Ring

One egg-pea aspic ring, about 3¾ cups (900 ml); 6 cold side portions · Active 35 min · Total 11 hr

Ingredients

- 3 large eggs
- Drinking water for egg/pea cooking, drained rather than added to gel
- 1 cup fully cooked peas AFTER draining (150 g), safely chilled; follow full package cooking if starting frozen
- 2 standard ¼-ounce envelopes unflavored powdered gelatin (14 g total), of specified setting strength
- 6 tablespoons cold drinking water (90 ml)
- 2 cups clear ready-to-use low-sodium vegetable broth (480 ml), divided
- 1 tablespoon lemon juice (15 ml)
- ⅛ teaspoon black pepper
- ¼ teaspoon neutral oil (1.25 ml), for wiping mold

Set out

Covered egg saucepan, Cold-water bowl, Pea cooking pan or permitted microwave vessel, Sieve and shallow cooling dish, Knife and board, Small saucepan for broth, Mixing bowl and spoon, Scale and measuring jug, Metal ring mold of at least 1¼-liter capacity, Paper towel, Food thermometer, Cold platter, Refrigerator

Allergens

Egg. Check labels and substitutions.

Make it

1. Cover eggs with cold drinking water by 1 inch (2.5 cm), bring to a full boil, cover, remove from heat and stand 12 minutes until yolks are fully firm, extending if needed. Cool promptly in cold water, peel, dice and refrigerate. Cook peas by their full package instructions, drain, weigh 150 g and refrigerate promptly in a shallow dish until cold.

2. Check mold capacity, dry and oil lightly. Bloom gelatin over 90 ml cold water in mixing bowl 5–10 minutes. Heat 240 ml broth with pepper to 140–150°F (60–65°C), remove from heat and stir into gelatin until dissolved. Add remaining 240 ml broth and lemon.

3. Refrigerate 25–40 minutes, stirring gently every 10 minutes, until lightly syrupy. Fold in cold diced firm-yolk eggs and cold drained cooked peas. Spoon into ring with at least ½ inch (1.25 cm) headroom; use a separate refrigerator cup for excess.

4. Cover and refrigerate at 40°F (4°C) or below at least 8 hours until firm. Allow 11 hours total including cooking/cooling, suspension and setting.

5. For unmolding, set a cold plate beside the refrigerator. Dip only the outside of the metal mold in warm, not hot, water, about 100°F (38°C), for 5–8 seconds without letting water touch food. Dry the outside, loosen just the upper edge with a clean fingertip and invert onto the plate. If stuck, repeat a brief dip rather than shaking violently. Refrigerate again immediately if not serving now. Cut 6 small cold side portions.

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Gelatin starting strength

Use food-grade unflavored powdered gelatin with a manufacturer benchmark of 7 g for about 2 cups (500 ml) plain liquid. Weigh the stated grams: envelope sizes and powder density vary. A flavored dessert packet, collagen peptides, sheet gelatin or agar is not an equal substitute.

Cold service

This is an original retro-inspired recipe, not a recovered 1960s formula. Gelatin is animal-derived; the vegetable ingredients do not make the dish vegetarian. A reliable refrigerator and the stated earlier ingredient deadlines are essential.

Ingredient labels

Broth may add celery, wheat, soy or other allergens; check every prepared ingredient and gelatin label.

A useful detail

Free liquid totals 585 ml. About 150 g cooked egg and 150 g cooked peas bring finished volume to roughly 900 ml. Fourteen grams gelatin supports the small inclusions; no cooking water or unmeasured egg garnish is added.

Keep it well

Keep covered at 40°F (4°C) or below. Use within 2 days of assembly or the earliest ingredient deadline, whichever comes first. Include the overnight setting period in that limit. Keep total unrefrigerated preparation and serving below 2 hours, or 1 hour above 90°F (32°C). Chill slices promptly after service; discard food exceeding those limits. Do not freeze; freezing damages the gel and releases water. Start with freshly cooked eggs and peas as directed; their original clocks remain part of the earliest deadline.