Eggs Benedict

INGREDIENTS



1 egg yolk



Pinch salt



2 English muffins, split, toasted and buttered



½ teaspoon lemon juice



Pinch cayenne pepper



4 thin slices ham



1/4 cup butter



2 eggs



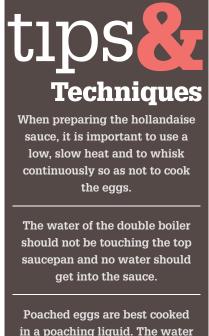
½ tomato, sliced

SERVES: 2 Preparation Cooking Serving & Presentation Total time: 35 MINUTES

METHOD

- 1 Using the top section of a double boiler, whisk egg yolk and lemon juice together.
- 2 Add half the butter. Place the top section of the double boiler over simmering water.
- Cook, whisking constantly, until the butter melts and the hollandaise sauce begins to thicken. Add the rest of the butter and stir until it melts.
- Continue cooking over simmering water, whisking until mixture thickens (2-3 minutes). Remove from heat and stir in salt and cayenne pepper. Set aside.
- 5 Stir the water in the saucepan to make a whirlpool. When formed, pour the egg into the middle of the whirlpool. Poach until egg whites have set. Remove with slotted spoon and drain.
- 6 On warm serving plates, place toasted English muffins (two halves to each plate).
- 7 Top halves with a slice of ham, slice of tomato and a poached egg.
- 8 Spoon a little hollandaise sauce over each of the eggs and serve.

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in a poaching liquid. The water in the saucepan should not be boiling with big quick bubbles but should be soft and slow.