



Eggs Benedict

SERVES: 2

INGREDIENTS



1 egg yolk



½ teaspoon lemon juice



¼ cup butter



Pinch salt



Pinch cayenne pepper



2 eggs



2 English muffins, split,
toasted and buttered



4 thin slices ham



½ tomato, sliced

Preparation

20
mins

Cooking

10
mins

Serving & Presentation

5
mins

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.
- 3 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.
- 4 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.

tips & Techniques

When preparing the hollandaise sauce, it is important to use a low, slow heat and to whisk continuously so as not to cook the eggs.

The water of the double boiler should not be touching the top saucepan and no water should get into the sauce.

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