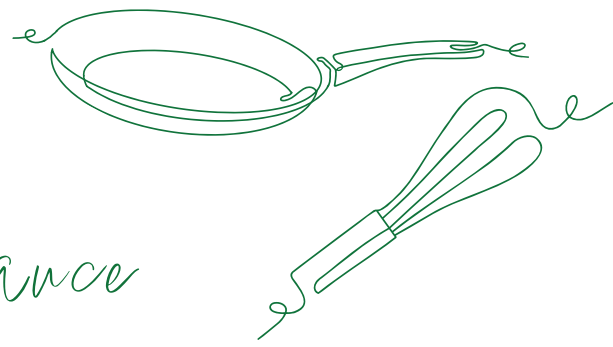


Eggs Benedict with Hollandaise Sauce



Eggs Benedict with Hollandaise Sauce

Treat yourself to a classic brunch favourite with eggs benedict, featuring perfectly poached eggs, bacon, and toasted English muffins, all topped with a rich and creamy hollandaise sauce.

Serves 2 - 4

Prep time 20 minutes,
cooking time 15 minutes

Ingredients

Hollandaise Sauce

3 large egg yolks
1 cup (227g) of unsalted butter, melted
1 tbsp of lemon juice
1 tbsp of water
Salt and cayenne pepper

Eggs Benedict

8 slices of Canadian bacon or ham
4 large eggs & white wine vinegar
2 English muffins, split and toasted
Chopped chives or parsley for garnish (optional)

Top Tip

For the best poached eggs add a little vinegar to the pan – this helps to firm up the egg whites and create a better shape. Season your hollandaise well as the flavour will not be as strong once on the eggs!

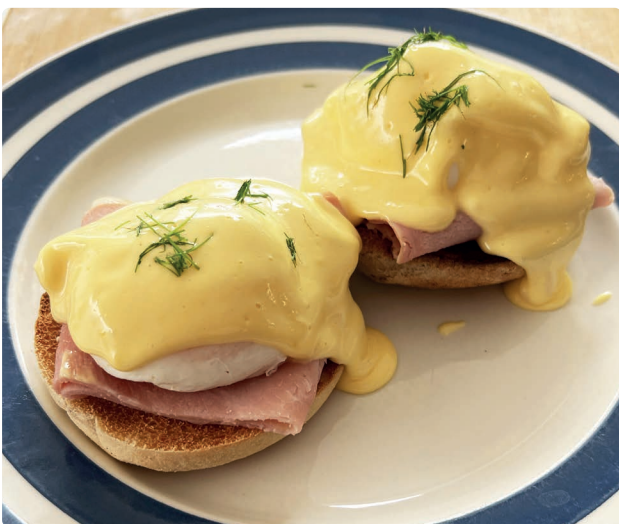
Method

Hollandaise Sauce

In a heatproof bowl, whisk together egg yolks and water. Place the bowl over a pot of simmering water (double boiler). Whisk continuously until the mixture thickens. Slowly drizzle in the melted butter while whisking constantly until the sauce is smooth. Remove from heat, stir in lemon juice, salt, and cayenne pepper. Keep warm.

Eggs Benedict

Fill a wide saucepan with about 5 inches of water. Bring it to a gentle simmer and add 2 tablespoons of vinegar. In a separate skillet, heat Canadian bacon or ham slices until they are warm. Toast the English muffin halves and place them on serving plates. Poach the eggs in the simmering water for about 3-4 minutes until the whites are set but the yolks remain runny. Place the Canadian bacon or ham on top of the toasted muffins. Carefully place a poached egg on each muffin half. Spoon hollandaise sauce generously over the eggs. Garnish with chopped chives or parsley if desired.



Recipe by James Golding, Head of Food Education, Table Talk Foundation. Table Talk Foundation is a registered charity (reg No: 1190504) inspiring a new generation through food, to live happier and healthier lives. Providing food education in schools to teach young people how to cook, preparing them with fundamental life skills.



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