

Eggs Benedict (for 2)

Ingredients:

Hollandaise sauce

- 3-4 ea Peppercorns, crushed
- 2 Tblsp Cider vinegar
- 2 Tblsp White wine
- 2 Tblsp Water
- 2 Sprigs Parsley
- 2 Sprigs Dill
- 1 Bay Leaf
- 200ml Clarified Butter
- Seasoning to taste

Poached Eggs

- 2 Egg yolks
- 1 Tomato cut in ½
- 2 Portobello mushrooms
- 2 – 3 Slice of Ham, bacon or smoked salmon
- 2 Slices/pieces of toasted bread or English muffins
- Sprinkle of chives or chopped parsley for garnish



Method:

- Prepare the reduction of crushed peppercorns, cider vinegar, white wine, water, parsley, dill, and bay leaf, reduce by half.
- Cool the reduction, then whip the strained reduction with egg yolk over a double boiler (bowl over pot of simmering water) until it doubles in volume and is smooth and creamy.
- Take the bowl off the simmering water and whisk in the heated (but cooled clarified butter) by adding a little at a time until well blended, add seasoning (pepper, salt, cayenne pepper). Set aside in a warm place.
- To poach eggs: add a small amount of vinegar to the pot of water you used for the double boiler and bring to a rolling boil.
- Crack eggs into a small container and add individually to the simmering water with a dash of vinegar, simmer for 3-4 minutes.
- To serve, remove poached eggs from water, dip briefly in a bowl of warm water to remove vinegar taste, dry lightly on a paper towel and serve on top of toasted bread or English muffin with ham, bacon, smoked salmon or avocado and accompany with roasted tomatoes & grilled mushrooms, spoon hollandaise sauce over the eggs & garnish with some finely cut chives or chopped parsley