



Eggs Benedict

Servings: 4
Total Time: 35 mins
Cooking Time: 5 mins (for the sauce)
15 mins (for the rest)



METHOD

For the Hollandaise Sauce

Place the egg yolks in a food processor or blender and season with salt & pepper.

Blend for 1 min.

Heat the lemon juice & white wine vinegar in a small saucepan over a medium-high heat until it starts to bubble.

Turn the blender on & gently pour the warm lemon mixture onto the egg yolks in a slow steady stream. Turn the blender off.

Melt the butter in the same saucepan over a low heat until it starts to foam and ensuring that the butter does not brown.

Turn the blender back on and slowly pour (the slower, the better) the warm butter onto the egg yolk mixture and blend until the butter has been fully incorporated.

Turn the blender off and with a spatula, wipe the sides of the blender and bring the sauce together. Blend for a final 10 secs.



INGREDIENTS

For the Hollandaise Sauce

2 large eggs, separated
salt & freshly ground black pepper
2 tsp lemon juice
2 tsp white wine vinegar
110g butter

For the Eggs Benedict

2 English Muffins* (4 halves),
toasted & buttered
4 large eggs
100g Parma ham (4 large slices)



While this is the traditional way of serving this sauce, lighten and increase the volume of the sauce by whisking the (spare) egg whites to soft peaks and folding them into the sauce. This “foamy” version of the sauce can be refrigerated, re-heated and even frozen for later use.

For the Eggs Benedict

Poach the eggs until the white is firm but the yolk is soft (or hard as preferred).

Place a slice of Parma ham on top of each toasted & buttered English Muffin half, top with a poached egg and drizzle liberally with Hollandaise Sauce.

Serve immediately while warm.

VARIATIONS

Substitute the Parma ham with fried crispy bacon or smoked salmon or country ham.



Use *Low-carb Oopsie Rolls** instead of *English Muffins**.

