

Eggs Benedict on an English muffin

Recette pour 4 personnes

Description

Poached eggs served on a toasted English muffin along with a few slices of smoked ham, served with a traditional hollandaise sauce.

L'idée déco

Avoid using an aluminum bowl to make hollandaise sauce, because it will take a greenish tint. Pay special attention to the sauce, since it is very sensitive to heat and might split.

Ingrédients

For the Hollandaise sauce

- 4 Unit(s) Egg yolk
- 30 Ml Water
- 250 Gr Butter
- 5 Ml Lemon juice

- Salt and pepper

For the poached eggs

- 4 Unit(s) Egg
- 2 Liter(s) Water
- 100 Ml White vinegar

- Salt and pepper

For the eggs Benedict

- 2 Unit(s) English muffin
- 200 Gr Ham-style smoked pork shoulder

- Salt and pepper

Préparations

Temps de préparation **30 mins**

Préchauffez votre four à 400 F°

General preparation

Cut butter into cubes of 1.5 cm square. Cut into thin slices the smoked ham. Cut English muffins in half and

place on a baking sheet to toast them in the oven at the last minute.

Hollandaise sauce preparation

In a bain-marie, beat egg yolks with water. Mix well until the mixture foams. Remove the container from the water bath and stir in the butter pieces carefully, without stopping to whip. If the sauce cools too much for the incorporation of butter, put it back on the water bath a few seconds. Season with salt and pepper then add a dash of lemon and serve immediately

Poached eggs preparation

Poach eggs 3 minutes in a pot of simmering water with vinegar. Transfer them on absorbent paper.

To serve

On each English muffin half, place the smoked ham and a poached egg. Cover with hollandaise sauce and serve.

Bon appétit!