Eggs Benedict on an English muffin |

Recipe for 12 tapas

Description

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

Note

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.

Ingredients

For the Hollandaise sauce

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

For the poached eggs

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

For the eggs Benedict

- 6 Unit(s) English muffin
- 360 Gr Ham-style smoked pork shoulder
- 60 Ml Maple syrup

Preparation

- Preparation time **30 mins**
- Preheat your **four** at **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!