

AN INDULGENT BRUNCH OPTION

Eggs Benedict

WITH HOLLANDAISE SAUCE



Vocabulary Words:

POACH - to cook in a liquid that is simmering or boiling.

CLARIFIED BUTTER - heated butter that has the milk solids skimmed off the top and leaves the water at the bottom.

HOLLANDAISE - a rich sauce made of butter, egg yolks, and an acid, usually lemon juice or white wine vinegar.

.....

Eggs Benedict Ingredients:

3 tbsp. white wine vinegar
4 large eggs
2 English Muffins
4 slices Canadian Bacon or Prosciutto
fresh tarragon or parsley (optional)

Hollandaise Ingredients:

2 tsp. white wine vinegar
3 large egg yolks
6 oz. clarified butter
fresh lemon juice

Start by making the sauce,

Step 1. Boil a large pan of water, then reduce to a simmer. Using a stiff whisk, beat together the yolks and 2 tsp. wine vinegar in a heatproof bowl that fits snugly over the pan (double boiler).



Step 2. Beat the yolks vigorously until the mixture forms a foam, but make sure that it doesn't get too hot. To prevent the sauce from overheating, take it on and off the heat while you whisk, scraping around the sides with a plastic spatula. The goal is to create golden, airy, foam, which forms ribbons when the whisk is lifted.

Step 3. Whisk in a small ladle of the warm clarified butter, a little at a time, then return the bowl over the gentle heat to cook a little more. Remove from the heat and whisk another ladle of butter. Repeat until all the butter is incorporated and you have a texture that is thick as mayonnaise. Finally whisk some lemon juice, salt, and pepper to taste,(add warm water if the mixture becomes too thick). Remove from the heat of the double boiler. Set Aside.

To Make the Eggs Benedict:

Step 1: Warm the Canadian bacon in a pan, split and toast the muffins.

Step 2: Bring a deep saucepan of water to boil (at least 8 cups) and add 3 tbsp white wine vinegar. Break the eggs into 4 separate coffee cups.

Step 3: Swirl the vinegared water briskly to form a vortex and slide in an egg. It will curl around and set in a round shape. Cook for 2-3 minutes, then remove with a slotted spoon onto paper towels to drain.

Step 4: Repeat with the other eggs, one at a time, re-swirling the water as you slide in the eggs. Spread some sauce on the muffin, place the Canadian bacon, then top with a poached egg. Spoon hollandaise over the egg and serve immediately.

