

Eggs Benedict

Serves
2

Prep Time
5 - 10 mins

Cooking Time
15 mins



Ingredients

- 2 English muffins, cut in half
- 4 slices of Specially Selected Pork smoked back bacon
- 4 large free range eggs
- 1/2 tablespoon malt / spirit vinegar
- 1/2 teaspoon table salt/fine sea salt

For the Hollandaise sauce:

- 3 large free range egg yolks
- 150g unsalted butter, cut into small cubes and allowed to come to room temperature
- 1/2 tablespoon lemon juice
- 1/2 tablespoon white wine vinegar
- Salt & pepper to taste

Cooking Method

- Before starting to cook get all your equipment ready: fill and boil the kettle; find a deep frying pan or saucepan for poaching the eggs (big enough to cook all four eggs at the same time), a small bowl and a small saucepan to make the hollandaise, plus two small bowls for separating your eggs. Cut the muffins in half ready for toasting, and heat up the grill ready to cook the bacon.
- Now, make the hollandaise sauce. Separate the eggs ? you'll need three large eggs for the hollandaise sauce. Crack the eggs on the edge of a bowl and pass the yolk between the eggshell halves, letting the white fall into the bowl below. Place the yolks into a separate bowl. (You can freeze the egg whites and use them for another recipe).
- Place a heat proof bowl (pyrex or stainless steel) on top of a pan with a small amount of boiling water from the kettle, then place it onto a very low heat until there water is simmering. Place the egg yolks and 1/2 tablespoon white wine vinegar into the bowl. Use a small whisk to mix the eggs while heating them very slowly. Make sure you do not leave the pan unattended, or you'll end up with scrambled eggs. The aim here is to very gently thicken and cook the eggs. Once the egg yolks have thickened but are still smooth, begin adding a few cubes of room temperature butter, whisking all the time. Once the butter has almost melted, keep adding more until all the butter has been used up. Turn off the heat. The sauce should be quite thick and glossy. Now add the lemon juice and salt & pepper to taste. Leave the bowl on top of the pan of hot water so it stays warm, until you finish poaching the eggs.
- Next, place the slices of bacon under the grill. Once cooked to your liking remove from the grill. You can flash them under the hot grill again just before serving or keep them in a warming oven until everything else is ready.
- Finally, make the poached eggs. Half fill a deep frying pan or saucepan with boiling water from the kettle, add a tablespoon of vinegar and 1/2 teaspoon of fine table or sea salt. Place the pan on a medium heat until simmering. One by one crack the eggs into a small bowl or ramekin and turn them into the water. Try to keep some space between all the eggs so they don't touch. Let the eggs simmer for around 2 minutes until the whites are firm but the yolks are still runny inside.
- While the eggs are cooking check the hollandaise sauce is still warm, you can pop the pan back onto a low heat and whisk until warmed through, if you like.
- Start to assemble the dish by placing the toasted muffins onto plates then topping with bacon. Remove the cooked eggs with a slotted spoon, briefly holding the spoon above a tea towel before placing onto the muffins to ensure all water is removed. Serve topped with warm hollandaise sauce and some cracked black pepper.



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