

Eggs Benedict



Ingredients:

- 4 Free Range Eggs
- 125 g Butter
- 1 tsp White Wine Vinegar
- Pinch Salt
- Pinch Of Black Cracked Pepper
- Juice Of Half A Lemon
- 4 slices Of Parma Ham
- 2 English Muffins

Directions:

1. For the hollandaise sauce whisk 2 egg yolks, lemon juice and vinegar.
2. In a small saucepan, melt the butter on a gentle heat, the butter should foam as it burns off the water.
3. As soon as the foaming starts to reduce, pour it (slow trickle) in to the egg mixture, whilst whisking.
4. Continue whisking until the butter is fully combined. Add pinch of salt to season.
5. To cook the perfect poached egg, place the whole egg (shell on) in simmering water for 10 seconds, then place in cold water until cool enough to crack.
6. Crack it open and place back into simmering water for 3 minutes. Add a few drops of vinegar to the water too.
7. To assemble, split and toast the muffins, butter them and arrange the ham on top followed by the eggs and a generous serving of sauce. Top with a sprinkle of cracked black pepper.

Nutrition:

Each serving contains (serves 2):

798 cals, 65g fat, of which 36g saturated fat, 3g added sugar, 2.9g salt

Prep Time: 5 Mins. **Cooking Time:** 10 Mins



For all the demo recipes visit:
www.uwe.ac.uk/stayinghealthy

Brought to you by
UWE Hospitality and Catering

 Find us on
Facebook

