



*A retired New York broker named Lemuel Benedict went into the Waldorf Hotel looking for a cure for his hangover. He ordered buttered toast, poached eggs, crispy bacon and a large dollop of hollandaise sauce. The maître of the hotel was so impressed that he put the dish on the breakfast menu.*

## EGGS BENEDICT

= SERVES 6 =



### KITCHENWARE

- 1 Slotted spoon
- 1 Big bowl
- 1 Saucepan
- 1 Frying pan
- 1 Tea towel
- 1 Spoon
- Lid for the frying pan
- Ramekins or small bowls
- Paper towel

### For the muffins

1. In a big bowl mix flour, salt and fresh yeast. Add butter, water and milk and knead for 5 minutes. Let it rest covered with a towel for 30' or until doubles its size.
2. Fry the bacon in a frying pan. Reserve.

### For the hollandaise sauce

3. Melt butter in a saucepan. Remove with a spoon the foam on the surface. Let it cool slightly.

### FOR THE MUFFINS

275g flour.

5g salt.

12g fresh yeast.

40g butter at room temperature.

50ml water.

100ml milk

Olive oil for the frying pan.

### FOR THE HOLLANDAISE SAUCE

3 eggs yolks

200g butter

1tbsp lemon juice

salt, black pepper

### FOR THE EGGS

6 eggs

1 tbsp of vinegar

### FOR THE ASSEMBLY

Bacon, ham, smoked salmon

4. Put the yolks in a bowl, introduce an electric mixer with a whisk and don't move it as you add the melted butter little by little, avoiding the white part at the bottom. The sauce will thicken. Then add lemon juice, salt and pepper. Keep the sauce warm.

### For the muffins

5. Divide the dough into 6. Form the shape of English muffins.
6. Heat a large nonstick frying pan over a medium heat. Brush the frying pan with olive oil (use a brush or a kitchen towel).
7. Cook the muffins for 6 minutes on each side. Use a lid, this will help the muffins rise and cook through.

### For the poached eggs

8. In a saucepan fill  $\frac{3}{4}$  of water. Add a tbsp of vinegar.
9. Bring to a simmer over medium heat. Break the eggs into a ramekin. Holding ramekin close to water's surface, slip eggs into water.
10. Cook until whites are completely set and yolks begin to thicken. Add boiling water on the eggs to help cooking.
11. Remove eggs with slotted spoon and dry over paper towel.

### Assembly

12. Open muffins with a knife. Add the slice of bacon, ham or smoked salmon.
13. Put the eggs and a generous tablespoonful of hollandaise sauce.

*enjoy!*