



# Eggs Benedict

10'

Hands on

4'

Cook Time

2

Portion(s)

1

Difficulty



## Method

- Fill a **pot** with water and bring it to a slow simmer.
- Place plastic wrap over 4 ramekins.
- Press the wrap with your hands to line it all the way to the bottom.
- Carefully crack 1 egg into each ramekin.
- Carefully wrap each egg in the plastic wrap, removing as much air as possible, creating pouches for the eggs. Tie a knot at the top to keep sealed.
- Carefully transfer the pouches with the eggs into the pot.
- Pouch for 4 minutes.
- Remove pouches from pot and set aside.
- Place a **pan** over medium heat.
- Add a small amount of olive oil and add the pieces of bread.
- Toast on both sides and remove from pan.

For the hollandaise sauce

- Using the same pot you used to poach the eggs, place a bowl over it without letting the bottom of the bowl come into direct contact with the simmering water. This is a bain marie or water bath.
- To the bowl, add the vinegar, egg yolks, water and mustard.
- Whisk for 3-5 minutes, until the mixture starts to thicken, making sure that you whisk the mixture all the way to the edges of the bowl so that the egg doesn't cook on the walls of the bowl.
- When the mixture has thickened enough and creates lines on the bottom of the bowl, remove from heat.
- Gradually add the melted butter while continuously whisking.
- Make sure that all of the butter added is completely absorbed while whisking before adding the remaining butter or else the hollandaise sauce will spit.
- Finally, add the salt
- On a **serving plate**, add the spinach, cherry tomatoes and pieces of bread.
- Place 2 slices of ham and 2 poached eggs over each slice of bread.
- Pour the hollandaise sauce over the eggs.
- Sprinkle with freshly ground pepper and fresh thyme.

## Ingredients

- 4 eggs, medium
- 2 round pieces of bread
- 100 g baby spinach
- 6 cherry tomatoes, cut in half
- 4 slices pork ham fountre

For hollandaise sauce

- 1 tablespoon white wine vinegar
- 2 egg yolks
- 1 tablespoon water
- 1 tablespoon mustard, mild
- salt
- 100 g butter, melted and lukewarm
- freshly ground pepper
- fresh thyme

## Διατροφικός πίνακας

Nutrition information per portion

786 Calories (kcal)	62.0 Total Fat (g)	32.0 Saturated Fat (g)	22.0 Total Carbs (g)
39%	89%	160 %	8%
5.9 Sugars (g)	31.0 Protein (g)	3.8 Fibre (g)	3.1 Sodium (g)
7%	62%	15%	52%

