



# Eggs Benedict in 30 minutes

15'  
Hands on

15'  
Cook Time

4  
Portion(s)

1  
Difficulty



## Method

For the English muffins

- Preheat the oven to 180° C (356° F) set to fan.
- Place a [frying pan](#) over high heat.
- In a bowl, add the flour, baking powder, baking soda, sugar, salt, and mix with a spoon.
- In another [bowl](#), add the yogurt, milk, olive oil, and mix.
- Add the solid ingredients into the bowl with the wet ingredients and mix with a ladle. As soon as the mixture starts to thicken, mix with your hands and knead until there is a thick dough.
- Divide into 8 pieces and shape into balls. Add the corn flour into a bowl and dust the dough pieces.
- Dust your working surface with a little corn flour, place an [8 cm cooking ring](#), add one dough piece inside, and press lightly to shape it. Follow the same process for all dough pieces.
- Add them into the hot frying pan, in two batches, and allow 3-4 minutes for them to turn golden on both sides. Clean the frying pan before adding the second batch.
- Transfer onto a [baking pan](#), press them lightly with your hand, and bake for 15 minutes.

For the hollandaise

- Place a [pot](#) with simmering water on heat.
- In a glass bowl, add the water, vinegar, yolks, and transfer it onto the pot in order to create a bain marie.
- Stir constantly with a hand whisk, for 4-5 minutes, until the mixture becomes fluffy.
- Then, add the melted butter very slowly, by constantly stirring.
- Add the mustard, mix, and remove from the heat.
- Pass the mixture through a sieve (chinois), add salt, pepper, tarragon, and set aside.

For the eggs

- In the pot with the simmering water, add 45 g (3 tablespoons) vinegar.
- In a small bowl, add 3 tablespoons of the vinegar and carefully break an egg. Softly add the egg into the pot and allow 2-3 minutes for it to thicken. Follow the same process for the rest of the eggs.
- With a [slotted spoon](#), remove and transfer onto a baking pan. Cut the egg white all around the egg so that you make it oval shaped.

To serve

- On a plate, add the rocket, cherry tomatoes, and add salt, pepper, and olive oil.
- Place one English muffin cut in half, horizontally, and add one slice of ham and 1 egg on each one.
- Add 2 tablespoons hollandaise, sprinkle with the tarragon, and serve.

## Ingredients

For the English muffins

- 360 g all-purpose flour
- 1 teaspoon(s) baking powder
- 1 teaspoon(s) baking soda
- 1 teaspoon(s) granulated sugar
- salt
- 200 g strained yogurt
- 100 g milk
- 50 g olive oil
- 200 g maize flour

For the hollandaise

- 3 tablespoon(s) water
- 3 tablespoon(s) vinegar, of white wine
- 4 egg yolks, of medium eggs
- 200 g butter, melted
- 1 tablespoon(s) mustard
- salt
- pepper
- 1 tablespoon(s) tarragon

For the eggs

- 4 eggs
- 220 g vinegar, of white wine

To serve

- rocket
- cherry tomatoes
- salt
- pepper
- 1 teaspoon(s) olive oil
- 4 slices ham
- 1 teaspoon(s) tarragon

## Διατροφικός πίνακας

Nutrition information per 100 gr.

308 Calories (kcal)	18.0 Total Fat (g)	8.4 Saturated Fat (g)	30.0 Total Carbs (g)
15%	26%	42%	12%

2.1 Sugars (g)	6.2 Protein (g)	1.2 Fibre (g)	0.55 Sodium (g)
2%	12%	5%	9%