

Eggs Benedict

Yield: 4 serves | **Prep:** 5 min | **Cook:** 20 min | **Source:** thestranger.online

We can look upon the marvellous creation that is Eggs Benedict as a story of 4 chapters.

1. Poached Eggs
2. Hollandaise Sauce
3. Protein (although, if you're using salmon then it's Eggs Royale)
4. English Muffin

Ingredients

Hollandaise Sauce:

- 4 large egg yolks
- 1 tbsp water
- 1 Cold water for the bain-marie
- 1 Up to 2 tbsp fresh lemon juice (depending on your taste)
- 12 to 16 tbsp very soft unsalted butter
- ⅓ tsp cayenne pepper
- Salt to taste
- Freshly ground black pepper to taste

Poached Eggs:

- 1 ½ tbsp distilled white vinegar per 2 litres water
- 8 large eggs (cold from the fridge)

Protein:

- 8 slices prosciutto

Assembly:

- 4 English Muffins (toasted)
- 1 tbsp freshly chopped parsley
- 1 tbsp freshly chopped chives



Instructions

1. Let's begin with the Hollandaise sauce, ensuring you taste and adjust throughout. Whisk the yolks, water, and lemon juice for a few minutes in a pan that's off the heat, until thick and pale.
2. Place the pan on a low heat whilst continuing to whisk, ensure you reach all areas of the pan to avoid overcooking the eggs. If required move the pan off the hob for a few seconds, and then back on, also consider the bain-marie, set the pan in a bowl of cold water to cool the base. As the eggs cook, they will froth, thicken and increase in volume.
3. When you can see the pan base through the streaks of the whisk and the eggs are thick and smooth, remove the pan from the heat. Add the soft butter piecemeal, whisking constantly to incorporate each addition prior to adding more. As it emulsifies you can add larger quantities, always whisking until fully absorbed.
4. Continue adding butter until the sauce has thickened to the consistency you desire. Season the sauce lightly with salt and a dash of cayenne pepper, whisk well.
5. Place the prosciutto in a frying pan with 1 tbsp butter on a low to medium heat, turning after 90 seconds.
6. For the eggs, half fill the pan and add the vinegar, bring to a slow boil. Crack the eggs into a bowl, then tip in to the pan. Slightly raise the heat to maintain a slow simmer. After a few moments gently move the eggs. Cook for about 2 to 3 minutes, or longer, until they are cooked to your liking, whilst keeping the heat low.
7. When the eggs are set as you desire, remove them from the pan and immerse them in a bowl of warm tap water to cleanse the vinegar. Dry the spoon on a clean towel to remove any water and begin assembly.
8. Just prior to serving, toast the muffins lightly and butter each piece. Place the muffins on a warm plate. Add the prosciutto over the toasted muffins with a poached egg atop.
9. Spoon the hollandaise sauce generously over each egg and top with a few grinds of black pepper and dust with the chives and parsley. Serve immediately.