

# Eggs Benedict... Serves 1

## Variations

*Eggs benedict is also great made with slices of smoked salmon in place of the bacon.*

## INGREDIENTS

- 2 rashers bacon
- 1 egg
- 1 tsp rice vinegar (In school)
- 1 English muffin
- **Hollandaise sauce**
- 100g butter
- 1 egg yolk
- ½ tbsp lemon juice (In school)
- Pinch salt
- Dash of tabasco (in school)

Skills:

Nutrition and health:

Food Science:



## METHOD

1. **Make Hollandaise sauce in a hand blender:** To make blender hollandaise, melt 10 butter in a saucepan. Separate the egg yolk from the egg whites. Put egg yolk, lemon juice and salt in a hand blender, blend for 20-30 seconds, until eggs lighten in colour. Slowly dribble in the hot melted butter, while continuing to blend. Taste for salt and acidity and add more salt or lemon juice to taste. Pour back into the saucepan and leave in a warm—but not hot—place on or near the stovetop.
2. **Grill the bacon:** Cook the bacon by grilling for 5 mins each side under a hot grill. Use tongs or a fork to remove the bacon from the grill, set on a paper towel to absorb the excess fat.
3. While the bacon is cooking, bring another saucepan two-thirds-filled with water to a boil, then add the vinegar, then lower the heat to a bare simmer.
4. **Poach the eggs:** Crack an egg into a small bowl and slip it into the barely simmering water. Once it begins to solidify, turn off the heat, cover the pan, and let sit for 4 minutes. Gently lift out with a slotted spoon.
5. **Toast English muffins:** As soon as the egg is in the poaching water, begin toasting your English muffins under the preheated grill. Watch it carefully as it will soon burn.
6. **Assemble your Eggs Benedict:** Place two slices of bacon on your muffin. Add a poached egg on top of the bacon, then pour some hollandaise over. Finish with a sprinkle of paprika.

## Safety and quality points

## Evaluation