



COOKING WITH SAFTA

CATEGORY

Breakfast

EGGS BENEDICT

INGREDIENTS

For the **Hollandaise sauce**: 3 Egg yolks. 3 tbs cold water, 100 gr. butter, ½ lemon. salt and Cayenne pepper.

4 English muffins, 4 eggs, Canadian Bacon,

Eggs Florentine (for vegetarians)

1 pkg of frozen spinach or 1 bunch of fresh Spinach; 2 tablespoons of heavy cream; half a cup of grated cheese

Eggs Florentine: Defrost spinach, squeeze out all the water; or wash and chop fresh spinach; In a frying pan Sautee spinach w/butter, salt, and pepper to wilt; add the cream and the cheese. The rest is the same as the Eggs Benedict (excl. the bacon)

SAFTA's SECRETS:

Whisking over the hot water ease to warm the eggs. remove to the counter to continue whisking. Repeat until you reach the right consistency. If the sauce separates whisk into it 2 tbs of melted butter

Tools:

Double Boiler – or a large pot and a small pot that sits over the large pot. Hand mixer or a whisk.

PREPARATION

Melt butter – prepare double boiler with water bring to boil and down to simmer Whisk yolks in the small pot (thicken until turn light yellow) add water and lemon juice, salt, and pepper; continue Whisking. Slowly add the warm melted butter and continue whisking over the simmering water w/o the small pot touching the water until it thickens and increases in volume, so that it coats a back of a spoon. (be careful not to scramble the eggs over the hot water) Put it aside and cover to keep it warm. Bring ¾ of a pot with water and vinegar to boil and down to simmer. Crack one egg at a time into a small cup. Lower and drop into the water 2 eggs at the time. Do not over crowd the pot. Cook for 2 ½ min. remove to a paper towel to dry eggs. Fry the bacon and toast the muffins.

To Assemble: Butter the toasted muffins, place the bacon, the egg and drizzle the Hollandaise sauce, sprinkle the Cayenne pepper over it. **Bon Appetite!**

