

# EASY SUNDAY BRUNCH

## BC EGGS BENEDICT



### INGREDIENTS

#### For the Hollandaise Sauce:

4	BC Egg Yolks, large	4
2 tbsp	Warm Water	30 ml
Pinch	Salt and Pepper	Pinch
Pinch	Cayenne Pepper	Pinch
1 cup	BC Butter, unsalted, melted	250 ml
1 - 2 tsp	Fresh Lemon Juice	5 - 10 ml

#### For the Poached Eggs:

6 large	BC Eggs	6 large
2 tbsp	Vinegar, plain white, white wine, or apple cider varieties	30 ml
1 tbsp	Sea Salt	15 ml
12 slices	BC Back Bacon	12 slices
6	English Muffins, split in half	6

### DIRECTIONS

1. Preheat oven to 325 F.
2. To make the poaching liquid, bring a large pot of water to a boil, reduce heat to simmer. Add sea salt and vinegar.\*
3. Set up another pot with two inches of water for a Bain-Marie (water bath). Bring it to a simmer. Do not boil.
4. In a stainless steel bowl, add 4 BC Egg Yolks, 2 tbsp (30 ml) warm water, salt, pepper and cayenne pepper.
5. Place the stainless steel bowl over Bain-Marie steaming water and continuously whisk until mixture thickens. You may need to remove from the steam every now and then if eggs are cooking too fast. The mixture is cooked perfectly when a "figure 8" can be seen when drizzling from the whisk.



6. Remove bowl from heat and very slowly drizzle in BC Butter while constantly whisking until all the butter is incorporated.
7. Whisk in lemon juice, adjust seasoning. Store on the back of your cooktop to keep warm.\*\*
8. Place BC Back Bacon and English muffins on lined trays and put into the oven until heated through. Bacon should be cooked thoroughly to 165 F.
9. Poach eggs by cracking 6 fresh BC Eggs into small individual bowls or ramekins.
10. Using a slotted spoon, swirl the water to create a vortex. Add the eggs, one at a time, from the ramekins into the center of the water vortex.
11. Poach eggs for 3 minutes.\*\*\*
12. While eggs are cooking, place English muffins on plates or a platter.
13. Place one piece of heated BC Back Bacon on each half.
14. Remove the 3-minute eggs with the slotted spot. Blot on a towel and place one egg on top of each slice of BC Back Bacon.
15. Spoon 2 tbsp (30 ml) of Hollandaise Sauce on top of each egg.
16. Serve immediately.

\*\* Hollandaise Sauce can be warmed by placing back on the bane Marie for a very brief time whisking constantly.

\*\*\*If doing a large batch, eggs can be poached a day before, shocked in ice water and reheated for 1 minute in simmering water for 1 minute.



### CHEF'S TIP

# ENGLISH MUFFINS



*Yields:*  
12 - 3 1/2 inch

## INGREDIENTS

1 cup	BC Milk	240 ml
2 tbsp	Sugar	30 ml
1 cup	Water, warm	240 ml
¼ cup	BC Butter, melted	60 ml
4 cups	BC Flour	960 ml
1 tsp	Sea Salt	5 ml
½ cup	Cornmeal	125 ml

## DIRECTIONS

1. Scald milk in a pot. Remove from heat and add sugar. Mix until dissolved. Set aside until just warm.
2. In a separate bowl, combine water and yeast. Let sit for 5 minutes. Stir until dissolved.
3. In a stand mixer with a paddle attachment, combine milk, butter and yeast mixture.
4. Add 3 cups (720 ml) of flour and mix until smooth.
5. Change to a dough hook. Add last of the flour and knead until smooth.
6. Remove dough to a lightly oiled bowl, cover with a dry towel and let rest for 60 - 90 minutes, or until dough has doubled in size.
7. On a clean surface, remove the dough from the bowl and use your hands to spread the dough to a 1/2 inch (1.5 cm) thickness. Using a round cutter, cut dough.
8. Line a baking tray with parchment, sprinkle with cornmeal. Place cut dough on tray, top with a more corn meal and allow to rest for 30 minutes.
9. With 5 minutes left on the final rest, heat a lightly oiled pan or griddle over low heat.
10. When 30 minutes are up place dough into pan. Be sure to leave room in between for rising.
11. Cook each side for 5 minutes. Cool on a rack.