



Recipes created for the Afternoon Show on BBC Radio Oxford 95.2FM

Eggs Benedict

Ingredients

4 eggs (Large free range)
2 muffins or round bread rolls
Slices of ham or smoked salmon
Or
Streaky Bacon/Back bacon

Hollandaise Sauce
2 tablespoons white wine vinegar
4 egg yolks
115g (4oz) butter – melted
Salt and fresh ground pepper
Juice of ½ lemon



Method

Make the Hollandaise by heating the vinegar in a pan and reduce by half by boiling. Add 2 tablespoons of water and whisk in the egg yolks one at a time. Return to a low heat and keep whisking until the mixture is thicker and light. Gradually whisk in the melted butter. Season with salt and pepper, stir in the lemon juice.

If you are going to add bacon – now is the time to grill it or heat the ham under the grill.

Fill two large saucepans with water and bring up to boiling point, as bubbles appear on the base of the pan crack in the 4 eggs. Leave the pan on the heat for approx 1 minute, then remove from the heat and allow the eggs to sit in the water for 6 minutes. Remove with a slotted spoon onto a dish covered with kitchen paper to drain.

Under a preheated grill toast the halves of muffins/rolls and toast lightly.

Place on a plate and top each half muffin/roll with the bacon or ham or salmon. On top of each place a poached egg and cover with the Hollandaise. Sprinkle with chopped chives or spring onions or dust with a little smoked paprika. Serve immediately.

Other Information

Serves 2 individual servings, scale up as needed.

Preparation time – 20 minutes

Cooking time – 20 minutes