

Arowhon Pines Eggs Benedict on Sour Dough English Muffins

INGREDIENTS

SOUR DOUGH ENGLISH MUFFINS

For muffins with a tangy flavour and holey texture, we like to use white-flour sourdough starter. Our muffin recipe makes a large batch – they will stay fresh for two or so days, then wrap and freeze the leftovers.

<u>10 x 4"</u>	Muffins
1 cup	white flour sourdough starter, stirred down before measuring at room temperature
1 tsp	sugar
1 ½	large eggs
¾ cup	milk, scalded, then cooled to 100 degrees
2 ½ cups	all purpose flour, or as needed
1 tsp	salt
2 tsp	unsalted butter or shortening, melted
	Poppy seed and cornmeal for sprinkling the baking sheets

HOLLANDAISE SAUCE

Important: Prepare no more than 15 minutes before serving

¼ cup	shallots, chopped finely
¼ cup	white wine vinegar
¼ cup	white wine
1/8 cup	lemon juice
2	large egg yolks
8 oz	butter, clarified
2 T	hot water
1/2 t	salt

METHOD FOR THE ENGLISH MUFFINS

1. In a large mixing bowl or the large bowl of an electric mixer, combine the starter, sugar, eggs, and milk.
2. Gradually mix in all-purpose flour, salt and beat thoroughly until an elastic batter- the sponge- is formed.
3. Cover the bowl and set it in a warm spot until dough has doubled in bulk.
4. Roll dough out to ¾" thickness and stamp out 3" rounds. Re-roll dough until it is completely finished.
5. Sprinkle cornmeal and poppy seeds liberally over a silicone paper lined baking sheet, place muffins on top, sprinkle top of muffins with cornmeal and poppy seeds. Let muffins rest in a warm place for 1-2 hours.
6. Grill at 350 degrees for 2 minutes a side until golden brown.
7. Bake at 325 degrees 8-10 minutes until cooked through. Cool and store until needed in airtight container in freezer.

METHOD FOR THE HOLLANDAISE SAUCE:

1. Simmer to reduce white wine vinegar, shallots, lemon juice, and wine. Reduce to half volume.
2. Over **just** simmering water, beat eggs until they turn a lemon colour.
3. While whisking, add 1 T of hot water, then 2 oz of butter, to start the emulsification, then slowly add reduction and salt.
4. SLOWLY add butter while whisking vigorously, increasing the flow slowly until all the butter is incorporated. The sauce should turn a very pale yellow as the egg yolks cook, and thicken to a thick cream consistency. Correct final seasoning.
5. Finish with 1 T hot water (makes it last longer and stops it breaking).
6. Keep at about 100 degrees (not hotter than 110 degrees - and not colder than 90 deg) - over pot of hot water.
7. If it gets too cold or too hot, it will separate.

FOR THE EGGS BENEDICT - 2 portions

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|----------|-----------------------------------|
| 2 | English muffin, homemade – fresh. |
| 4 slices | Peameal bacon |
| 4 | Eggs |
| | Hollandaise sauce |
| 1 | fresh tomato, sliced 1 cm thick |
| 2 T | Extra Virgin Olive oil |
| 1 T | fresh basil, chopped |
| | Sea Salt, to taste |

METHOD:

1. Split English muffin in half and toast lightly on grill – as needed.
2. Slice peameal bacon 1/8" thick and cut to fit on muffin.
3. Quickly grill bacon to heat (do not overcook).
4. Poach eggs in simmering water with 1 T white vinegar - 3 minutes until soft poached.
5. Marinate tomato in oil and basil, grill 5 seconds a side.

ASSEMBLY:

2 halves English muffin, toasted
2 Peameal bacon, grilled until just done
2 Poached eggs
Hollandaise sauce
1 slice grilled tomato
Season to taste

ENJOY!!!!