

OVERALL time: 30 mins

EGGS BENEDICT - 3 WAYS

There are few things more luxuriously indulgent than eggs topped with Hollandaise sauce. Whether you serve them for breakfast, lunch or a light supper, eggs Benedict are a winner. We make our Hollandaise extra special by adding a serious pinch of tarragon. French Tarragon is not readily available in our supermarkets, but our dried tarragon is just as good. Because it's freeze dried, it retains all the delicious licorice-like notes of fresh tarragon, but it's ever so handy. We don't just share our foolproof Hollandaise recipe, we also share three ways to dress up your eggs Benny!

Metric

Number of servings : 4

ingredients

Main

- 80 ml White wine vinegar
- 10 ml **Cape Herb and Spice's French Tarragon**
- 5 ml **Cape Herb and Spice's Extra Bold Pepper**
- 125 g Unsalted Butter
- 2 XL free range eggs
- 5 ml **Cape Herb and Spice's Atlantic Sea Salt**
- 15 ml Fresh lemon Juice
- 15 ml Water

THIS IS WHAT YOU WILL NEED TO DO

PREP TIME: 15 mins | COOKING TIME: 15 mins

Place the vinegar, **Cape Herb & Spice Black Peppercorns and French Tarragon** in a small saucepan and bring to the boil. Boil until liquid has reduced by half. Remove and strain liquid through a sieve. Melt the butter and spoon off any foam. Now you're ready to start making your Hollandaise. Place a large heatproof bowl over a pot with 5cm of boiling water -make sure the bowl fits snugly and that the bottom of the bowl does not touch the water.

Add the egg yolks to the bowl along with one tablespoon of the vinegar liquid and one tablespoon

of water. Using a large balloon whisk, whisk constantly over low heat until eggs just start thickening. Now slowly drizzle in the melted butter a bit at a time while constantly whisking. The Hollandaise will thicken and become velvety smooth. (If it becomes too thick for your liking, simply whisk in a tablespoon or two of hot water.) Remove from heat and add the salt and lemon juice – either half a tablespoon of lemon juice or a whole tablespoon if you like your Hollandaise extra tart. This recipe makes enough Hollandaise to serve four people. Now for those three ways with your eggs Benedict...

#1: Eggs Benedict with smoked salmon

Halve and toast English muffins. Top muffins with smoked salmon, one or two poached eggs and drizzle over Hollandaise.

#2: Eggs Benedict with bacon and vine tomatoes

Toast ciabatta bread. Top with crisp streaky bacon, poached eggs and Hollandaise. Sprinkle over chopped chives and serve with vine tomatoes blistered in a hot non-stick pan.

#3: Vegetarian eggs Benedict

Halve and toast English muffins. Top with wilted baby spinach – it's not necessary to cook it, simply place baby spinach in a colander and pour over boiling water, then squeeze dry. Use a veggie peeler to make very thin courgette ribbons and repeat the boiling water/colander trick to lightly cook the courgettes. Lay courgette ribbons over spinach. Top the veggies with poached eggs and Hollandaise and garnish with micro herbs.

Recipe by Lizet Hartley Lizet Hartley is a freelance stills and reel food stylist, food photographer and recipe developer. In her spare time she – rather predictably – cooks. Get more of her recipes on her blog at <http://www.melkkos-merlot.co.za>

<https://capeherb.co.za>

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