

Eggs Benedict on Sour Dough English Muffins



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.

10 x 4” Muffins

Ingredients:

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 °F for 2 minutes a side until golden brown.
7. Bake at 325 ° F for 8–10 minutes until cooked through. Cool and store until needed in airtight container in freezer.

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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 °F (not hotter than 110 °F and not colder than 90°F) over pot of hot water.
7. If it gets too cold or too hot, it will separate.

For the Eggs Benedict —2 portions

- 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!