



WILD EGGS BENEDICT

A BRUNCH CLASSIC

There's nothing more classic for brunch than Eggs Benedict. It's a toasted English muffin, topped with wild meat, a fried or poached egg, and smothered in a tasty hollandaise sauce. Try it with your favorite type of wild meat.

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Ingredients

- Wild meat (prepared to your liking)
- 1 English muffin
- 2 egg
- 1 egg yolk
- 85 g. butter
- 2 tbsp. lemon juice
- 0,5 tsp. Dijon mustard
- Salt and pepper

 20 min.

Method

Cut English muffin into two and toast.

Next, start by making the Hollandaise Sauce, it needs all your attention. On low heat melt butter, set aside. Add egg yolk and lemon juice to the pot, whip all the time and add melted butter carefully. If the sauce separates you can save it by adding an ice cube, keep whipping. Last, whip in the Dijon mustard.

Fry an egg or make a poached egg. A poached egg is a great low-calorie way to prepare eggs, because you don't need to use added fat to cook them, as you would with scrambled or fried eggs.

To get started break the egg into a cup. Get a small pot of water to simmer. When the water is at a bare simmer, gently slide the egg into the water. Let cook until the egg whites is firmed up. Gently remove the egg from the pot and place on top of your English Muffin. Generously cover everything with the Hollandaise Sauce.

Serve and enjoy with a cup of coffee.

Happy cooking & Bon appétit.