



Benedict eggs with Hollandaise sauce



Categoria
Brunch



Tempo de preparação
Rápido



Dificuldade
Médio



Custo
Low




Com quem?
Meal for two



Nº de pessoas
4 pessoas

Ingredientes

 150ml of Victor Guedes
Olive Oil

- 4 eggs
- 1 egg yolk
- 4 slices of rye bread
- 100g of spinach leaves
- Salt and black pepper, to taste
- 50ml of white wine vinegar

Modo de preparação

1

In a heated pan, add water and 40 ml of the vinegar.

2

When it starts to simmer, make a whirlwind in the water with the help of whisks and, in the centre, pour the egg to poach for around 3 minutes.

3

Then, remove the egg to a bowl of cold water to stop the cooking and remove the vinegar taste.

4

Repeat the process with all the eggs.

5

For the sauce, in a bowl mix the egg yolk, the rest of the vinegar and a bit of black pepper.

6

Put it in a water bath and whisk until the yolk starts to cook.

7

Then, add a tablespoon of hot water and 120 ml of olive oil, whisking until you get a thick and uniform sauce.

8

Lastly, sauté the spinach seasoned with salt and pepper with the remaining olive oil and put it on top of the toasted bread, then the poached eggs and finally the sauce on top.

Produtos utilizados



Olive Oil
Olive Oil

Veja também

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Croissants com abacate, bacon e ovo escalfado

Brunch Rápido Fácil

Tostada com tomate e ovo frito

Brunch Demorado Médio

Waffles de legumes com tomate e abacate

Brunch Médio Fácil

Gnocchi com cogumelos e queijo parmesão

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Espargos com salmão e ovo escalfado



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