

“Eggs Benny “ - Eggs Benedict by Byron Moore

- 2 x slices sour dough
- 4 x eggs
- 100g smoked trout
- 500g butter clarified
- 100ml white wine
- 100ml white wine vinegar
- A few pepper corns
- 1/4 bunch dill
- 1/4 bunch flat leaf parsley
- A few micro herbs
- A few teaspoons Buxton caviar
- Large handful spinach
- 50ml olive oil
- Salt/pepper

To make the reduction

In a small saucepan add the vinegar, 1/2 of the dill and parsley, peppercorns and the white wine. Simmer until reduced to 1/3. Strain the peppercorns out and keep the reduced liquid.

To make the hollandaise sauce:

In a medium-sized heat proof bowl add two egg yolks and the same volume of reduction as egg yolks. Put the bowl over a simmering saucepan of water, do not let the bowl touch the water, whisk the yolks and reduction continuously till the sabayon is at the ribbon stage. Remove from the heat and continue to whisk for one minute. Slowly add the warm clarified butter till a rich thick sauce consistency.

You may need to add a little hot water to thin it out slightly.

To poach the eggs:

To a simmering pot of water add 1/4 cup plain white vinegar. Crack the eggs individually into a tea cup. Slowly tip each egg into the simmering water. Eggs should cook for three to four minutes depending on size. Remove eggs with a slotted spoon and drain on absorbent paper To assemble:

Toast your bread.

In a fry pan add the olive oil and wilt the spinach or seasonal greens. Season with a little salt and pepper.

Place two pieces of toast on top of each other in the centre of the plate. Top with the wilted greens. Then top with the smoked trout. Next put the poached eggs on top of the trout and spoon over the hollandaise. Sprinkle with trout roe and garnish with a little dill Enjoy

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