

Poached poached egg with vegetables, Hollandaise sauce with paprika, croutons with olive oil

Recipe for 4

Description

The Hollandaise sauce was created during the reign of Louis XIV, during the war of Holland, hence its name. A derivative, the Bearnaise sauce and it also enters into the elaboration of the Benedictine eggs.

Note

Be careful with the heat of your water bath, the goal is to create volume by whipping the hollandaise, once the ribbon you appear firm, it is cooked.

Ingredients

poched egg

- 4 Unit(s) Egg
- 1 Tbsp White vinegar
- Butter
- Salt and pepper
- Olive oil

Hollandaise sauce

- 4 Unit(s) Egg yolk
- 30 Ml White wine
- 250 Gr Clarified butter
- 5 Ml Lemon juice
- 1 Tsp Paprika
- Butter
- Salt and pepper
- Olive oil

Crouton

- 0.50 Unit(s) Baguette
- 150 Gr Bacon
- Butter
- Salt and pepper
- Olive oil

Preparation

- Preparation time **20.00 mins**

Hollandaise sauce

In a bowl over a double boiler, beat the egg yolks with the white wine (or water). Mix well until the mixture becomes frothy. remove from the water bath without stopping to whisk if your bowl is too hot (you should be able to hold your hand without burning yourself) to avoid cooking the mixture. you will go back and forth on the water bath, until your mixture almost triples in volume.

Remove the pan from the water bath and carefully fold in the butter pieces, without stopping to whisk. If the sauce cools too much while the butter is being incorporated, return it to the water bath for a few seconds. Season with salt and pepper, then add a squeeze of lemon, Add the paprika powder (smoked or not) and serve immediately or keep the sauce warm in the water bath.

Poached eggs

In a saucepan of simmering salted water with a little vinegar, carefully place the eggs one by one to poach them. Using a skimmer, turn the egg white over the yolk, paying attention to the cooking time of about 3 minutes (the yolk must remain liquid). Remove the eggs on a cloth, set them aside

Crouton and bacon

Cut the bacon into lardons and mix with the croutons when baking.

Cut small cubes of baguette (brunoise), drizzle with olive oil, season with salt and pepper and fold them on a baking sheet with the lardons, place in the oven for 5 to 6 minutes.

Sprinkle them over the hollandaise that generously covers the poached eggs.

Bon appétit!