



COOKING CLASSES
AT SUR LA TABLE

FOCUS: EGGS BENEDICT

WITH SUR LA TABLE CHEF



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Ingredient Shopping List

Below is a list of ingredients you'll need to make the recipes in this packet. Please reach out for substitution suggestions.

Proteins

- 8 slices Canadian bacon

Produce

- 1 medium shallot
- 1 pound Yukon Gold potatoes
- 1 small yellow onion
- 1 small bunch sage

Dairy

- 12 eggs
- 2 1/2 sticks unsalted butter

Pantry Items

- White wine vinegar
- Distilled white vinegar
- 1 teaspoon black peppercorns
- Kosher salt
- Freshly ground pepper
- Cayenne pepper
- Granulated sugar

Dry/Canned Goods

- 1/4 cup dry white wine
- 4 English muffins
- Freshly squeezed grapefruit or grapefruit juice
- Angostura bitters
- Champagne or prosecco



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Equipment Needed

Below is a list of tools you'll need to make the recipes in this packet.

Cutlery

- Chef's knife
- Cutting board

Hand Tools/Gadgets

- Measuring cups and spoons
- Mixing bowls (various sizes)
- Whisk
- Fine-mesh strainer
- Spider or slotted spoon
- Silicone spatula
- Stainless steel mixing bowl

Cookware

- Medium saucepan
- Medium skillet

Bakeware

- 2 rimmed baking sheets



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Pre-Class Mise en Place and Notes

- Please gather all ingredients prior to class if you will be cooking along.
- It is helpful to organize the ingredients by recipe on rimmed baking sheets.
- Feel free to pre-measure ingredients, but it is not necessary.
- We encourage you to prep all your ingredients before class as it will allow you to have more time to listen and watch the instructor.



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CLASSIC EGGS BENEDICT

Yield: 4 servings

Hollandaise Sauce:

1/4 cup dry white wine

1/4 cup white wine vinegar

1 medium shallot, minced

1 teaspoon peppercorns

4 egg yolks

1 1/2 sticks unsalted butter, melted plus more for muffins

Kosher salt and freshly ground black pepper

4 English muffins, split

8 slices Canadian bacon

8 large eggs

2 tablespoons distilled white vinegar

Cayenne pepper for dusting

- 1. To prepare Hollandaise sauce:** To a medium sauté pan set over medium-high heat, add white wine, vinegar, shallots, and peppercorns; simmer until almost completely dry. Take the pan off the heat and cool reduction to room temperature. Strain reduction through a fine-mesh sieve into a medium stainless steel bowl. This should yield about a tablespoon of liquid.
- To a medium saucepan set over medium heat, simmer two inches of water. Once reduction has cooled, whisk in egg yolks and place the bowl over simmering water, whisking constantly until thickened and warm. To avoid overcooking the mixture, be sure that the water is just barely simmering with no visible signs of surface action, just steam rising.
- As egg yolks warm, they will increase in volume. If they become too warm and begin to coagulate around the sides and the bottom of the pan, remove them from the heat and allow them to cool slightly. When yolks have tripled in volume and the mixture thickly coats the back of a spoon, remove the bowl from simmering water. Stabilize the bowl by setting it on a towel. Add the butter in a slow, thin stream, whisking constantly to incorporate. The sauce will begin to thicken as more butter is added. If the sauce is too thick, add a little water or lemon juice.
- 4. How to fix broken emulsion:** If the sauce starts to break, try adding a small amount of water and whisk. Once sauce comes back together and is smooth, begin adding more butter. If that doesn't work, try cooking another egg yolk over simmering water until thickened, then whisk broken hollandaise gradually into the egg yolk.
- Taste and adjust seasoning with salt and freshly ground pepper. Serve the sauce immediately or hold it at 145°F for up to 2 hours.



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6. **To poach eggs:** Fill a medium bowl halfway with warm water. To a 4-quart saucepan set over medium heat, add 2 quarts of water and distilled vinegar; bring to a gentle simmer. Break 1 egg into a small dish. Slide the egg into the saucepan and immediately push the white around the yolk with a slotted spoon to form an oval shape. Poach the egg for 2 minutes for runny yolks, or 3 to 4 minutes for firm yolks. Immediately transfer the poached egg to bowl with warm water. Repeat with remaining eggs. Please note that multiple eggs can be poached at the same time; however, for more perfect eggs, poaching 1 to 2 eggs at a time is recommended. To serve, lift eggs from warm water with a slotted spoon, 1 egg at a time and dab back of the spoon onto a double layer of paper towels to drain off excess water. Trim any rough edges, if desired.

7. **To prepare bacon:** To a skillet set over medium heat, add oil. When the oil is shimmering, lightly cook the Canadian bacon until slightly crisped, 2 minutes per side. Using tongs, transfer bacon to a plate, cover with foil and keep warm.

8. **To toast the muffins:** Turn the oven broiler on high and position a rack in the top third of the oven. Transfer English muffins to a rimmed baking sheet and broil until golden brown, about 2 to 3 minutes. Using a silicone pastry brush, brush toasted muffins with butter. Set aside and tent with foil to keep warm.

9. **To serve:** Place warm, buttered muffin halves on a plate. Top with a slice of Canadian bacon. Place a poached egg on top of the bacon and ladle the sauce over the top. Serve with a dusting of cayenne pepper.

Recipe variations:

- Substitute Canadian bacon for ripe avocado slices, sliced tomato, smoked salmon, or lump crabmeat



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