

Mushroom Eggs Benedict



Serves 2

Prep 15 mins

Cooking 30mins

Easy

Ingredients

1 tbsp olive oil
1 tbsp unsalted butter
250g mixed mushrooms (or portobello)
150g spinach or chard, roughly chopped
4 eggs
2 large, thick slices of sourdough or
2 English muffins, toasted
small handful chopped chives or tarragon

For the hollandaise

40ml white wine vinegar
5 peppercorns
1 bay leaf
2 egg yolks (freeze the whites)
100g unsalted butter, melted

Alternatively, make a cheese sauce

25g butter,
2 tbsp flour
250ml milk
100g grated cheddar cheese
1 tbsp mascarpone (optional)

1. Heat the oil & butter in a frying pan over medium heat until foaming, then fry the mushrooms for 10 mins until golden brown. Add the spinach & fry for 5 mins, then season & set aside.
2. **For the hollandaise**, tip the vinegar, peppercorns, bay leaf & 40ml water into a small pan. Simmer over low heat until the liquid has reduced by 2/3. Remove from the heat & set aside. Fill a large pan a third full with water and bring to a gentle simmer. Whisk the egg yolks with 1 tbsp of the vinegar mixture in a heatproof bowl for 3-5 mins until just aerated. Set the bowl over the simmering water & slowly drizzle in the melted butter, whisking until all the butter has been incorporated & the mixture has emulsified. Remove from the heat
3. **For the cheese sauce**: melt the butter in a small non-stick pan. Add the flour & cook for 1 min, then slowly add the milk over a low heat. Keep on whisking until all the milk is in the sauce. Cook for 1 min, then turn off the heat & add the grated cheddar. Add the mascarpone, (if using) & stir until it is blended into the sauce.
4. Bring a pan of lightly salted water to the boil, then reduce the heat to a simmer, Wipe a little vinegar around a small ramekin using kitchen paper, then crack in one of the whole eggs, Swirl the simmering water using a wooden spoon and wait for the vortex to begin to subside, When it does, gently tip the egg into the middle and cook for 3 mins, Scoop out onto a plate using a slotted spoon, then repeat with the remaining eggs, Reheat the mushrooms over a low heat, then pile these on top of the toast. Top with the poached eggs, hollandaise and chives or tarragon.