



Eggs Florentine (spinach)

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Ingredients

- 1 English muffin
- 200g picked and washed leaf spinach
- 2 poached eggs
- 1 sprig of flat leaf parsley

Method

- Cut the muffin in half and toast until golden brown.
- Sautee the spinach in a hot frying pan with some butter.
- Drain and squeeze dry on a cloth.
- Place the spinach on top of the toasted muffins neatly.
- Warm the poached eggs in some boiling water for 1 minute.
- Drain them and place on top of the spinach and muffin.
- Coat each egg with 1 dessert spoon full of thick hollandaise sauce (see below).
- Place both muffins with the spinach, eggs and sauce next to each other on a warm large plate.
- Place the sprig of parsley between the two eggs and serve.

Béarnaise Reduction Ingredients

20 shallots
1 bunch tarragon
3-4 bay leaves
1 tbsp cracked white peppercorn
3 bottles white wine
1½ litres white wine vinegar

Method

Put all ingredients in a pan except the tarragon and bring to the boil for 20 minutes. Take off the heat and add the bunch of tarragon and let it cool down naturally. Refrigerate together.

Hollandaise Sauce Ingredients

100ml béarnaise reduction
8 egg yolks
600ml clarified butter

Method

Whisk the yolks and reduction over a pan of hot water, wait until the eggs are cooked then take the bowl of water and whisk the warm butter gradually onto the egg mix.

THIS SAUCE IS VERY FRAGILE. IT IS NOT TO GET TOO HOT OR TOO COLD.