

Sir Sandford Fleming Eggs Benedict with Tarragon Hollandaise

Served on a toasted whole wheat English muffin with Montréal smoked meat



Poached Eggs

Pour 1 litre / 4 cups of water into a small saucepan. Add salt and 30 ml / 2 Tbsp of apple cider vinegar. Bring water to a boil and gently crack open each whole egg into the simmering water.

Cook eggs until the white part has cooked to a soft touch. Delicately remove all eggs from the water using a strainer, and place into a cold water bath to stop the cooking process.

Tarragon Hollandaise Sauce

Separate the leaves of the tarragon and chop them finely. Place the remaining 60 ml / ¼ cup of apple cider vinegar in a small saucepan, add the tarragon leaves and reduce at a low heat for approximately 10 minutes or until most of the liquid has evaporated. *Note: this mixture will be used at a lukewarm temperature.*

In another saucepan, melt butter over very low heat until the butter has separated. Use only the clear clarified liquid; discard the milky substance at the bottom.

Place the egg yolks in a small stainless steel bowl and add the lukewarm vinegar tarragon mixture. Place the bowl over a pan of simmering water (bain-marie) and whisk the mixture until eggs have doubled in size and start to thicken. Remove mixture from the bain-marie and gradually add the clarified melted butter. Continue to whisk together. Check the seasoning and use immediately.

PLATING

Cut each English muffin in half and toast in a toaster. Warm up the poached eggs in simmering water for 1 minute. Warm up the sliced smoked meat in a non-stick frying pan and place a piece on each muffin half. Strain eggs and place on top of the smoked meat, then spoon approximately 60 ml / ¼ cup of the tarragon hollandaise sauce over each egg. Finish with finely chopped chives sprinkled on top. Serve immediately.

Serves 4

7 g	1 tsp	salt, coarse
90 ml	⅓ cup	apple cider vinegar
4		farm-fresh whole eggs
15 g	1 Tbsp	fresh tarragon, finely chopped
240 g	1 cup	butter
4		egg yolks
2		whole wheat English muffins
240 g	1 cup	Montréal smoked meat, thinly sliced
to taste		fresh chives, finely chopped



ROCKY MOUNTAINEER®