

Apple and blue berry muffin

Ingredients

2 Eggs
30g Honey
15g Castor sugar
45ml Cooking oil
1 Green apple (-/+150g)
185ml Milk
150g Blue berries
250g Flour
5ml cinnamon
10g Baking powder
Castor sugar for dusting



Method

- Preheat the braai to 180°C
- Combine the eggs honey castor sugar and cooking oil in a bowl
- Whisk all together until ingredient are just combined
- Cut the apple in half and grate one half, add to the egg mixture with the blue berries and the milk
- Sift the flour cinnamon and baking powder together and lightly fold into the muffin mixture
- Spoon into a 6 hole muffin tray and place on the braai on the side that has no coals
- Thinly slice the second half of the apple and arrange on top of the muffins and sprinkle with castor sugar
- Bake for 30min or until a skewer comes out clean

Classic Eggs Benedict

Ingredients

English muffin

500ml milk
50g butter
1pkt yeast
15g granulated sugar
80ml luke warm water
15ml spirit vinegar
5ml fine salt
1 egg whisked
600g plain flour
300g semolina flour

Hollandaise sauce

4 Egg yolks
100ml spirit vinegar
500g butter, melted
2g salt
1g ground white pepper

30 eggs
100ml spirit vinegar
10g salt
200g spinach, cleaned and washed
900g streaky bacon
30g chopped chives

Method

- Place the pizza stone on the fire and allow to get hot
- Place a pot of water on to boil

For the hollandaise

- Place the egg yolks and vinegar into a glass bowl and whisk together over the boiling water until the mixture starts to thicken, slowly start add the melted butter in a constant steady stream, (if the butter is added too fast it will cause the sauce to split and the eggs will cook and turn to scrambled eggs.)
- Once the butter has been added the sauce should be a thick silky sauce that coats the back of a spoon.

For the English muffin

- Place the milk butter in a pot and warm until the butter melts once the butter is melted add the vinegar and egg to the mixture(the mixture will start to curdle this is ok)
- Sprinkle the yeast and sugar over the warm water and stir until the yeast dissolves. Allow the yeast to foam and grow.
- Sift the flour and salt together



- Add the wet ingredients to the flour alternating between the milk mixture and the yeast mixture until all the wet ingredients have been added. The mixture should be a wet dough almost the same consistency as a Ciabatta dough. If the dough is too wet add a little flour to correct the consistency.
- Using a 1/3 cup measure scoop out small amounts of the dough and drop onto the semolina flour coating the outsides
- Place the ring mould onto the pizza stone and place the muffin dough inside and allow to cook inside the mould this will make the cook evenly and have a nice round shape
- Cook for 15min on each side or until browned and cooled through and remove from the stone and allow to cool.
- Grill the spinach over the coals to cook through
- Line 8 dariole moulds with cling film and spray with spray and cook making sure that they are completely coated. Place an egg in each dariole mould, fold the plastic up and secure it with a piece of string or a piece of plastic wrap making sure that it seals the egg inside and the egg doesn't leak out. Place into the boiling water and cook to desired doneness remove from the boiling water and remove the cling film.
- Grill the bacon over the coals so that you get nice char lines and the bacon cooks through (if you want crispy bacon move to the side of the grill that hasn't got coals under it else the heat will cause the bacon to burn and taste bitter)

Plating

- Place the English muffin in the center of the plate, top the muffin with the spinach and grilled bacon
Place the poached egg on top of the bacon and drizzle with the hollandaise and finish with a sprinkling of the chopped chives

Eggs Royale

Ingredients

English muffin

500ml milk
50g butter
1pkt yeast
15g granulated sugar
80ml luke warm water
15ml spirit vinegar
5ml fine salt
1 egg
600g plain flour
300g semolina flour

Hollandaise sauce

4 Egg yolks
100ml spirit vinegar
500g butter, melted
2g salt
1g ground white pepper

30 eggs
100ml spirit vinegar
10g salt
200g spinach, cleaned and washed
900g Smoked salmon trout
30g chopped chives



Method

- Place the pizza stone on the fire and allow to get hot
- Place a pot of water on to boil

For the hollandaise

- Place the egg yolks and vinegar into a glass bowl and whisk together over the boiling water until the mixture starts to thicken, slowly start add the melted butter in a constant steady stream, (if the butter is added too fast it will cause the sauce to split and the eggs will cook and turn to scrambled eggs.)
- Once the butter has been added the sauce should be a thick silky sauce that coats the back of a spoon.

For the English muffin

- Place the milk butter in a pot and warm until the butter melts once the butter is melted add the vinegar and egg to the mixture(the mixture will start to curdle this is ok)
- Sprinkle the yeast and sugar over the warm water and stir until the yeast dissolves. Allow the yeast to foam and grow.
- Sift the flour and salt together

- Add the wet ingredients to the flour alternating between the milk mixture and the yeast mixture until all the wet ingredients have been added. The mixture should be a wet dough almost the same consistency as a Ciabatta dough. If the dough is too wet add a little flour to correct the consistency.
- Using a 1/3 cup measure scoop out small amounts of the dough and drop onto the semolina flour coating the outsides
- Place the a ring mould onto the pizza stone and place the muffin dough inside and allow to cook inside the mould this will make the cook evenly and have a nice round shape
- Cook for 15min on each side or until browned and cooled through and remove from the stone and allow to cool.
- Grill the spinach over the coals to cook through
- Line 8 dariole moulds with cling film and spray with spray and cook making sure that they are completely coated. Place an egg in each dariole mould, fold the plastic up and secure it with a piece of string or a piece of plastic wrap making sure that it seals the egg inside and the egg doesn't leak out. Place into the boiling water and cook to desired doneness remove from the boiling water and remove the cling film.

Plating

- Place the English muffin in the center of the plate, top the muffin with the spinach & smoked salmon
- Place the poached egg on top of the smoked salmon and drizzle with the hollandaise and finish with a sprinkling of the chopped chives.

Banting Benedict

Ingredients

500g Large brown mushroom
Hollandaise sauce
2 Egg yolks
50ml spirit vinegar
250g butter, melted
1g salt
1g ground white pepper

15 eggs
50ml spirit vinegar
5g salt
200g spinach, cleaned and washed
100ml Double cream yoghurt
40g Butter
10g Garlic
240g streaky bacon
10g chopped chives

Method

- Place a pot of water on to boil
- Place the egg yolks and vinegar into a glass bowl and whisk together over the boiling water until the mixture starts to thicken, slowly start add the melted butter in a constant steady steam, (if the butter is added too fast it will cause the sauce to split and the eggs will cook and turn to scrambled eggs.)
- Once the butter has been added the sauce should be a thick silky sauce that coats the back of a spoon.
- Line 8 dariole moulds with cling film and spray with spray and cook making sure that they are completely coated. Place an egg in each dariole mould, fold the plastic up and secure it with a piece of string or a piece of plastic wrap making sure that it seals the egg inside and the egg doesn't leak out. Place into the boiling water and cook to desired doneness remove from the boiling water and remove the cling film.
- Grill the spinach leaves over the coals to cook the spinach and make it soft and easier to roll
- Remove from the grill and roll into sausages and finely shred the grilled spinach
- In a pan heat the double cream yoghurt with the garlic and butter add the shredded spinach and reduce down until all the water has been cooked out
- Peel the brown mushrooms and scoop out the gills and the center stalk place on the braai hollow side up and grill until soft turning occasionally
- Grill the bacon over the coals so that you get nice char lines and the bacon cooks through (if you want crispy bacon move to the side of the grill that hasn't got coals under it else the heat will cause the bacon to burn and taste bitter)
- Plating



- Place the grilled mushroom in the center of the plate, top the mushroom with the creamed spinach and grilled bacon
- Place the poached egg on top of the bacon and drizzle with the hollandaise and finish with a sprinkling of the chopped chives.

**Will the real Benedict stand up.
There have been several**

Charles Ranhofer

Eggs Benedict" - 1860s -Credit is given to Delmonico's Restaurant, the very first restaurant or public dining room ever opened in the United States. In the 1860's, a regular patron of the restaurant, Mrs. LeGrand Benedict, finding nothing to her liking and wanting something new to eat for lunch, discussed this with Delmonico's Chef Charles Ranhofer (1836-1899),



Chef Charles Ranhofer



Ranhofer came up with Eggs Benedict. He has a recipe called Eggs a' la Benedick (Eufa a' la Benedick) in his cookbook called The Epicurean published in 1894.:Eggs à la Benedick - Cut some muffins in halves crosswise, toast them without allowing to brown, then place a round of cooked ham an eighth of an inch thick and of the same diameter as the muffins one each half. Heat in a moderate oven and put a poached egg on each toast. Cover the whole with Hollandaise sauce.

OR



Commodore E.C. Benedict

Craig Claiborne, in September 1967, wrote a column in The New York Times Magazine about a letter he had received from Edward P. Montgomery, an American then residing in France. In it, Montgomery related that the dish was created by Commodore E.C. Benedict, a banker and yachtsman, who died in 1920 at the age of 86. Montgomery also included a recipe for eggs Benedict, stating that the recipe had been given to him by his mother, who had received it from her brother, who was a friend of the Commodore.[3]



Elizabeth David

Another origin of the dish is suggested in Elizabeth David's [FRENCH PROVINCIAL COOKING](#) Elizabeth David's French Provincial Cooking, where she describes a traditional French dish named œufs bénédicte, consisting of brandade (a puree of refreshed salt cod and potatoes), spread on triangles of fried bread. A poached egg is then set on top and napped with hollandaise. This story would also explain the distinctly French syntax, where the adjective follows, rather than precedes, the noun (although Oysters Rockefeller has the same syntax without needing a Romance-language origin). No one knows how this dish got to America but If Charles Ranhofer could have known of the œufs bénédicte and thought of the coincidence of the LeGrande's request and merged the two. Brilliant! The Canadian bacon or ham is probably preferred to the Salt Cod by MOST!



Mrs. Isabella Beeton

[Mrs Beeton's Book of Household Management \(Oxford World's Classics\)](#) had recipes in the first edition (1861) for "Dutch sauce, for benedict" (p. 405) and its variant on the following page, "Green sauce, or Hollandaise verte", This gives me the idea that this belonged to the salt cod, That Mrs. David writes about. This would have been the perfect Lent or Friday Catholic dish as well so would have been popular.

