

# Roasted Tomato & Avocado Eggs Benedict

*Swick*

Serves 1 | Active Time: 55 minutes | Total Time: 4 hours

## Step 1: Roasting the Tomatoes

- 12 small campari tomatoes
- extra-virgin olive oil (for drizzling)
- sea salt, to taste
- freshly ground black pepper, to taste

Preheat your oven to 250° degrees Fahrenheit.

Slice the tomatoes in half. Place cut-side up onto a parchment-lined tray. Drizzle lightly with extra-virgin olive oil and salt and pepper to taste.

Roast for approximately 3 to 4 hours. Once done, set aside.

## Step 2: Poaching the Eggs

- 8 large eggs
- 2 tbsp white wine vinegar (see note)
- 1 tsp sea salt (see note)

To poach the eggs, follow the technique in the lesson on How to Poach Eggs.

Note: For every liter/quart of water used to poach the eggs, add 2 tbsp white vinegar or white wine vinegar and 1 tsp of salt.

Poaching can be done in advance. Refer to the attached drill-down.

## Step 3: Preparing Your Mise en Place

- 4 whole English muffins
- unsalted butter
- 1 to 2 avocados

Using the tines of a fork, carefully pull the English muffins apart into two. Place onto a baking tray and lightly butter.

Gather the avocados and set aside.

Preheat your oven to broil.

## Step 4: Making the Hollandaise

- 2 large egg yolks
- 2 tbsp cold water
- 2 cups clarified butter
- 1 to 2 tbsp lemon juice (or gastride) (or gastride)
- sea salt, to taste
- cayenne pepper, to taste

Before making the sabayon, melt the clarified butter and keep it between 130-140 degrees Fahrenheit (55-60 degrees Celsius).

In a stainless-steel bowl, whisk the egg yolks and cold water together until they triple in volume.

Transfer the bowl over a bain marie that contains barely simmering water. Cook the sabayon, about 1 to 3 minutes, until it doubles in volume and you reach the ribbon stage. Once cooked, remove the sabayon from the heat and whisk for about 20 seconds to prevent the eggs from overcooking.

Discard the simmering water from the bain marie and place a damp cloth over the pot. Place the bowl with the sabayon over top. Make sure the butter is between 130-140 degrees Fahrenheit (55-60 degrees Celsius). While constantly whisking, add the butter to the sabayon in a steady stream. Add enough butter until you achieve a somewhat thick consistency. You will not need all of the butter, but it is better to have more on hand than too little.

Once done, add the lemon juice or gastride (see attached drill-down) to taste and adjust the consistency of the sauce, if needed. Season to taste with salt and cayenne pepper. Hold the hollandaise over the bain marie on the lowest setting.

## Step 5: Assembling the Eggs Benny

Toast the English muffins by placing them under the broiler.

Once toasted, place 3 roasted tomatoes over each of the muffin halves. Thinly slice the avocado and fan the slices over the tomatoes. Top with a warmed, poached egg. Assemble 2 eggs on each plate (to serve 4) or 1 egg on each plate (to serve 8). Spoon the hollandaise sauce over top and serve immediately.