



# The Olive Branch

## Eggs Benedict, Smoked Salmon Hollandaise, Abbey Parks Farms' Asparagus

### Recipe:

Serves 4: preparation time: 25 minutes

You will need 4 medium free-range eggs, poached and 4 muffins

### Smoked Salmon Hollandaise

#### Ingredients:

200 gms unsalted butter  
3 x egg yolks  
2 x tablespoons sherry vinegar  
80 gms chopped smoked salmon  
1 tablespoon Dijon mustard  
½ lemon

#### Method:

1. Place the egg yolks, vinegar, mustard and smoked salmon into a blender and purée
2. Heat the butter in a saucepan
3. When the butter is hot and melted, gradually pour into the blender and purée together
4. Finish with salt and pepper and lemon juice
5. Place into container, cover and leave somewhere warm until ready to serve

### Asparagus:

20 spears of asparagus

#### Method:

1. Cut or break off the ends of the asparagus to remove the woody piece
2. Bring to the boil a large pan of water and add a small amount of salt (approximately 1 tablespoon per litre of water)
3. Cook the asparagus in 2 batches: add the 1<sup>st</sup> batch of asparagus to the boiling water and cook for 4/5 minutes, remove from the water and then repeat the cooking process with the 2<sup>nd</sup> batch

### To assemble:

Slice 4 of the muffins horizontally into 3 sections and lightly toast under the grill.

Pre-heat 4 plates and place one slice on each. Then place 4 spears of asparagus on top of each muffin slice.

Sandwich the re-heated poached egg between the remaining 2 slices of toasted muffin with spoonfuls of the salmon hollandaise sauce. Slice up the remaining 4 spears of asparagus and sprinkle evenly around the 4 plates, drizzle with olive oil and serve.

### Muffins:

Makes 10 muffins

#### Ingredients:

7 gms fresh yeast (or 4 gms dried yeast)  
250 ml lukewarm milk  
250 gms plain flour  
¼ teaspoon salt

#### Method:

1. Dissolve the yeast in milk
2. Place the flour and salt into the mixer or bowl and gradually add the milk mix
3. Mix well into a smooth dough and knead for a good 5 minutes to work the gluten into the flour
4. Place the dough onto a floured surface and divide it into 10 equal pieces.
5. Place these 10 pieces onto a greased and floured muffin tray, cover with cling film, then leave to prove in a warm place until doubled in size
6. Bake in a pre-heated oven on 180 degrees C for approximately 12-15 minutes until they are golden brown and sound hollow when tapped on the under side
7. Remove the cooked muffins from the tray and place onto a cooling wire and allow to cool
8. Slice 4 of the muffins horizontally into 3 sections and lightly toast under the grill