

# A Healthy Version of Eggs Benedict

## Green Woods Inn style The best you never had!

This recipe provides a unique experience and arguably the best Eggs Benedict you will ever have for breakfast. It is served with sautéed portabella mushrooms and herb-seasoned tomatoes on Rosemary focaccia bruschetta. The sauce is not the traditional hollandaise sauce, but a tangy, much lighter (and better for you), home made concoction.

### Ingredients:

10 oz portabella mushrooms	1 tbsp balsamic vinegar
1 fl oz white wine	extra virgin olive oil
1 tbsp good soy sauce	8 eggs
8 slices focaccia (if possible rosemary and sea salt)	4 English muffins
3 medium – large tomatoes	4 tbsp (heaped) mayonnaise
1-2 tsp fresh mixed or dry herbs (fines herbes assortment)	4 tbsp (heaped) Balkan natural yogurt
3 garlic cloves	1 tsp English Mustard powder
sea salt	400g shaved Black Forest ham
black pepper	3 tbsp butter
	grated fresh parmesan cheese
	paprika



### Method:

#### Sautéed Portabella Mushrooms

Heat olive oil, butter and soy sauce in a pan and grate in one or two garlic cloves; heat gently. Slice the mushrooms and add to the pan. Sauté until golden brown. Add the 1 fl.oz. wine and simmer for a few minutes more so the wine reduces by half.

#### Rosemary Focaccia Bruschetta

Slice the Focaccia about ½” thick and toast lightly. Rub the toasted bread with a fresh garlic clove. Brush the bread with extra virgin Olive oil and sprinkle lightly with course sea salt. Bake in the oven at 300 degrees for 10 minutes just before serving

#### Herb-seasoned Tomatoes (the herbs used can vary with the seasons)

Using the best tomatoes you can possibly find, slice or dice the tomatoes sufficient for one to two tablespoons per person. Season the tomatoes using dry and/or fresh herbs, pepper, extra virgin olive oil, and a drizzle of balsamic vinegar (only add salt just before serving.)

(Tip – In midwinter when the tomatoes are not our wonderful locally grown varieties warm the tomatoe mixture in the oven just before serving) Don't forget to add the salt!

#### Eggs Benedict

Take half an English muffin per person; butter the cut side and place face down on a hot pan until golden brown. Using

approximately 50g /person of shaved ham, chop across the ham into fine strips. Sauté gently in butter for fifteen to twenty minutes, turning to ensure all the ham is covered and the ham cooks through. Poach one egg /person (tip – poached eggs may be left in the hot poaching water for several minutes before plating – just remove from direct heat).

#### Green Woods Inn sauce (simple yet amazing)

Half tablespoon /person mayonnaise

Half tablespoon /person natural yogurt

Mix mustard powder into a smooth paste (one teaspoon /eight people – don't overdo this)

Mix together and place in heat proof container and place in an oven at 300° degrees for 15/20 minutes.

#### Plating

Pre-warm the plates to maintain temperature. Place the bruschetta and the muffin on the plate. Top the muffin with the shaved sautéed ham and then the poached egg. Top off the egg with the sauce and dust with paprika.

Place the mushrooms on one end of the bruschetta and the tomatoes on the other end.

Dust as required with grated Parmigiano-Reggiano (mostly over the egg) and serve.