





## EGGS BENEDICT

Melt butter over low heat and keep it in a warm place to remain melted. Bring a pot of water to a simmering boil on the stovetop over medium heat. Place egg yolks in a stainless steel bowl that will fit on the pot, and whisk white wine vinegar into the egg yolks. Place the bowl over the pot of simmering water, reduce to a low heat, and continue to whisk as you slowly add a steady stream of melted butter to the bowl. If at any stage your egg mixture looks like it is getting too thick, remove the bowl from the heat and add a tablespoon of the simmering water, whisk this in and return to the previous step of adding butter while whisking. Do not let the water in the pot boil, as this will overcook the egg and it will separate and become lumpy. Continue whisking until all the butter is incorporated, by which stage you should have a thick, glossy hollandaise sauce.

Fill a heavy-based pot three-quarters full with water and set it over high heat to achieve a rolling simmer. Add white spirit vinegar. Crack a single egg into a teacup. Stir the boiling vinegar water with a metal spoon to create a whirlpool and tip out the egg into the centre. Repeat this step with up to four eggs at a time. For soft eggs, poach for 4 minutes, medium eggs for 5 minutes and hard eggs for 6 minutes. Lift out the eggs with a slotted spoon and drain on paper towel. Season to taste.

Eggs Benedict are traditionally served on an English muffin but we love it with chimodho. Top bread with poached egg, spoon hollandaise sauce over the egg and serve with ham.

Makes 4

250 g unsalted butter  
2 egg yolks  
15 ml white wine vinegar  
8 large eggs at room temperature  
30 ml white spirit vinegar  
salt

## CHIMODHO CORN BREAD

Preheat the oven to 170°C and grease a loaf pan. In a mixing bowl, combine the dry ingredients. In a separate bowl, whisk together egg, milk, melted butter and corn kernels. Stir the wet mixture into the dry ingredients. Pour the batter into the prepared loaf pan and bake for 35 to 45 minutes or until a skewer inserted in the centre comes out clean.

Makes 1 loaf

360 g maize meal or polenta  
340 g self-raising flour  
50 g sugar  
5 ml salt  
2 eggs, lightly beaten  
250 ml milk  
50 g butter, melted  
2 cobs of corn, kernels cut off  
(or 1 tin sweetcorn)