

BOUCHAINE

N A P A V A L L E Y ♦ C A R N E R O S

Eggs Benedict

Poached Eggs, Jalapeño Hollandaise, Sliced Caggiano Ham, English Muffin and Crispy Hash Browns

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Hollandaise Ingredients

4 egg yolks
¼ cup white wine
2 lbs. unsalted butter
Jalapeño puree
Salt

Hollandaise Equipment

Medium sized stock pot
Small sauce pot to melt butter
Whisk
Medium sized glass or stainless steel mixing bowl,
Ladle

Jalapeño Puree Ingredients

1 lb. fresh jalapeños cut in half, stems removed
Kosher salt
Olive oil to coat the peppers

Jalapeño Puree Equipment

Roasting pan
Blender
Oven preheated to 350°F

Jalapeño Puree Directions

Lightly coat the jalapeños with some olive oil and season gently with salt. Place in the oven at 350°F for 10 to 12 minutes, just enough to release some oils from the peppers and lightly blister the skins. Remove and let cool to room temperature. Place the peppers in the blender and add a tablespoon of olive oil and a pinch of salt. Begin blending on a low setting and slowly turn up to high and let them spin until smooth. Remove from the blender and reserve for the hollandaise sauce.

Hollandaise Directions

Begin by bringing water up to a simmer in the medium sized stock pot. This will be used as a double boiler in combination with your mixing bowl as you keep your pot of water at a very low simmer, and be sure the level of the water is not above half of the pot, as you do not want the mixing bowl to touch the water. Gently melt the butter in your sauce pot—your butter does not need to be scalding hot, but warm and completely melted. Separate the egg yolks and place them in the mixing bowl and add your wine to the egg yolks. With your water at a simmer, you will begin to cook the egg yolks and wine, while whisking continuously. It is important that you are able to keep the egg mixture from getting too hot too fast, as this will begin to scramble the egg and give you a lumpy sauce, so take your time and lift the bowl from the pot of water from time to time to help control the heat. You will be whisking this and allowing the wine to reduce and the yolk to cook until you have a thin and silky emulsified texture that allows you to slide your whisk through and see the mixture stand in place—this is called ribbon stage.

Once this stage is reached, we will begin to add our butter. Again, whisk continuously to ensure your emulsification holds. You can remove the bowl from the double boiler and whisk over the counter as the warm butter will allow you to keep your temperature. Begin with adding a very slow stream of butter to the egg and you will see it whisk into the egg, continue to do so until the butter is all in and together. If you feel this is looking too thin, add a small splash

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Hash Browns Ingredients

4 russet potatoes

Salt

Clarified butter or desired cooking oil

Hash Browns Equipment

Baking tray

Peeler

Box grater

Cast iron pan

Oven preheated to 350°F

of hot water to the emulsion. Once your hollandaise is done, season with salt and begin to add your jalapeño puree. Keep in mind that the puree has also been seasoned. Add small amounts to start to gauge your spice level—add as much as you feel fit! Now that your sauce is done, you can transfer to a small pot and hold in a warm area over the oven until you are ready to sauce the eggs and serve.

Hash Browns Directions

Crispy potatoes are best obtained when the potato is cooked twice, so this is a lengthy process, but the result is great. Wash your potatoes and place on the baking tray and bake in the oven for 35 minutes. Remove and allow to cool to room temperature before placing in the refrigerator to allow to cool completely before you begin the next steps. Best to do this in the evening before you want to cook the hash browns. With a vegetable peeler, peel the cold potatoes and remove any brown marks or holes as you do so. With a box grater (cheese grater), grate the peeled potato on the largest size hole. Begin to heat your skillet and add enough clarified butter to coat the bottom of the pan. I would let this get to a low smoking point to ensure the pan is hot and ready to start searing the potatoes. Season the pan lightly with kosher salt just before placing the potatoes in small piles and season the top of the potato with salt. You can gently form the potatoes into a round mound in the pan, but do not move the potatoes very much at first to allow them to start to caramelize. The potatoes will absorb the fat in the pan, so keep an eye on this and add as you notice the pan is looking dry. This is not a deep fry, so be careful of how much you add, or you will end up with greasy-looking hash browns. Once you have reached a nice dark golden brown and crispy texture, you are ready to flip the hash browns and cook the other side and let the same texture form. Remove and enjoy.

To Finish

Now you are almost done and ready to eat. You can take the eggs Benedict many directions from here—sliced ham, smoked salmon, crab, avocado and spinach . . . Bring a small pot of water to a boil and season with salt and a small splash of vinegar to poach your eggs. Slice and begin to toast your English muffin and then drop the eggs into the boiling water. Allow the eggs to poach to your desired temperature and texture, checking the softness of the yolk with your finger. Be sure the white is cooked around the egg, 3 to 4 minutes, and then you can judge how cooked you want your yolk to be. Remove the egg from the water. Your bread should be toasted and you will add your meat or vegetable component to the bread before placing the egg on top. Spoon your hollandaise over the top and add your perfect hash browns. Brunch is served.