



# English Muffin



## To prepare the English muffins

Place the flour in a food processor bowl and create a well in the middle. Sprinkle the yeast and sugar into the milk before pouring into the well. Cover the milk with a little flour from the edge of the well. Add the sunflower oil and the salt on top. Allow the pre-dough to rest at room temperature for 10 to 15 minutes. Then, knead the dough in the food processor for 20 minutes. Place the dough on a floured surface and roll out to 3 cm thick. Use a cutter to cut the dough into 7 cm wide pieces. Allow the dough pieces to rest again for a few minutes. Melt a little butter in the pan and slowly brown the dough pieces on both sides. Then, bake the muffins in an oven with the hot air setting on at 170 °C for around 8 minutes.

## To prepare the leaf spinach

Melt butter in the pan, sweat the shallots, then add the spinach and season with salt, pepper and nutmeg.

## Rezept für 4

### Ingredients for the English muffins

450 g wheat flour  
300 ml milk, lukewarm  
1 sachet of dry yeast  
5 g salt  
5 g sugar  
30 ml sunflower oil

### Ingredients for the leaf spinach

500 g spinach  
1 shallot, finely diced (brunoise)  
Salt  
Pepper  
Nutmeg  
Butter

### Ingredients for the Hollandaise sauce

4 egg yolks  
30 ml white wine reduction  
200 g butter, melted  
Salt  
Cayenne pepper  
A little lemon juice

### Ingredients poached egg

4 eggs  
Salt  
Vinegar

### Ingredients serving

4 slices rendered bacon



#### **To prepare the Hollandaise sauce**

Place the white wine reduction and the egg yolks in a sturdy bowl and whisk over a water bath until frothy. Slowly pour in the butter. Season to taste with salt, pepper and lemon juice.

#### **To prepare the poached egg**

Fill a pot with water, add salt and a splash of vinegar, then bring to the boil. Place a whole egg in a small container with a little vinegar. Use the container to carefully lower the egg into the simmering water. Leave to poach for around 5 minutes. Use a slotted spoon to remove the egg from the water and set aside until needed, or plunge in ice water if required.

#### **To serve**

To serve, slice the English muffins in half and coat them in butter. Then toast them on the cut side and place the spinach on top. Now, place the poached egg on top of the spinach, cover in Hollandaise sauce and garnish with a slices rendered bacon.

#### **Anrichten**

## **English muffins cooking level**

8 minutes | Hot air setting at 170 °C