

Big Green Egg Smoked Salmon Eggs Benedict



* Recipe courtesy of Big Green Egg

Ingredients

1 kg fresh salmon, pre-cut into 8 x 125g pieces
1 tbsp Dijon mustard
1 tbsp salt
1 tbsp coarse black pepper
4 egg yolks
1 tbsp freshly squeezed lemon juice,
⅛ tsp cayenne pepper
Pinch salt
110g unsalted butter, melted

To assemble:

8 pieces smoked salmon, 2 pieces for each serving
8 eggs
4 English muffins (cut in half and toasted)
1 tbsp chives, chopped, for garnish

Directions

Step 1 – Set the EGG for indirect cooking at 225°F/107°C, with apple or cherry chips for smoking. About an hour before smoking, season the salmon with Dijon mustard, salt and pepper. Remove any pin bones.

Step 2 – Place the salmon directly on the grid to smoke. Pull the salmon off the EGG when the internal temperature reaches 54°C. Salmon with a higher fat content may take longer. Always adjust the cook time for internal temperature.

Step 3 – Add a small oven-proof sauté pan of water to the EGG as a double boiler for the sauce. Melt the butter in a small saucepan; use a lower heat so it doesn't separate. In a metal bowl, add the egg yolks, lemon juice, cayenne pepper and salt and whisk for 20-30 seconds. Holding the egg mixture over the double boiler, slowly whisk in the melted butter. Continue whisking for an additional 20-30 seconds until the sauce thickens.

Step 4 – Place the English muffin halves on the cooking grid to toast.

Step 5 – In a medium sized sauté pan, add water until the pan is about half full. Bring the water to a simmer. Break the eggs, one at a time, in a small ramekin (the small ramekin helps avoid any shell and to gently add the eggs to the pan). Slowly add each egg to the water and cook about 3-4 minutes,

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keeping a close eye on the eggs, and gently spooning a tablespoon of water over the top of the egg, until you see the eggs slowly coming together. Cook no more than four eggs at a time to keep the temperature of the water consistent. The eggs should be firm, but yolk soft inside. Remove the eggs with a slotted spoon and set aside on a paper towel to soak up excess water. Repeat until all the eggs are cooked.

Step 6 – Layer a toasted English muffin half with a generous amount of smoked salmon, then add a poached egg, and top with the Hollandaise sauce. Garnish with fresh chives.

