



# English muffins

Recipe by V-ZUG Ltd.



with poached egg and spinach

|                 |                                   |
|-----------------|-----------------------------------|
| Preparation     | 45 Mins                           |
| Resting<br>time | 1 Hrs 20 Mins                     |
| Cooking<br>time | 6 Mins                            |
| Piece           | 8                                 |
| Appliance       | CombairSteamer V2000 from<br>2021 |

## Dough

250 g white flour  
½ tsp salt  
½ tsp sugar  
¼ cube of yeast (about 10 g)  
150 ml milk  
1 egg  
15 g butter, soft  
Durum wheat semolina for  
shaping

## Hollandaise foam

3 tbsp vinegar  
1 shallot, chopped  
3 peppercorns  
1 egg  
1 egg yolk  
125 g butter  
Some salt  
1 knife tip of cayenne pepper  
Some lemon juice





## Spinach

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1 shallot, chopped  
Butter for sweating  
200 g leaf spinach  
Some salt  
Some pepper  
Some nutmeg  
Some horseradish

## Poached eggs

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1 l water  
100 ml vinegar  
8 eggs

## Dough

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Mix the flour, salt and sugar in a bowl. Stir the yeast, milk and egg together and pour into the bowl. Add the butter and knead to a firm, smooth dough. Shape the dough into a ball.

Return to the bowl, cover and allow to rise for about 1 hour until double in volume.

Cut the dough into 8 evenly sized pieces and shape into balls. Using your palm, flatten each ball until it is about 2 cm thick, turn in the durum wheat semolina and then place on the baking tray. Allow to proof for 20 minutes.

## Baking

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Preheat the cooking space to 200 °C using the PizzaPlus mode.

Bake the muffins in the middle shelf position for 3 minutes. Turn the muffins and bake for a further 3 minutes.

## Hollandaise foam

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Bring the vinegar, shallot and peppercorns to the boil in a small pan, then reduce by half over a low heat. Strain through a fine sieve into a bowl, gently squeezing the shallot with a spoon. Add the egg and the egg yolk and mix well with a whisk.

Melt the butter in a small pan and bring to the boil. Gradually add the melted butter to the mixture, stirring constantly. Add salt, cayenne pepper and lemon juice to taste. Put the hollandaise into a whipping siphon. Charge the siphon with a cartridge. Shake vigorously and keep warm.

## Spinach

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Sweat the shallot in butter in a large pan over a medium heat until translucent. Add the spinach and sweat until it wilts. Season with the other ingredients to taste.

## Poached eggs

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Bring the water and vinegar to the boil in a pan, then lower the heat. Put the eggs into the simmering water batchwise. After 4 minutes remove from the pan and strain. Repeat the process for the remaining eggs.

## Serving

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Cut 4 muffins in half and toast them. Spoon spinach on top of the muffin halves and set a poached egg on top of the spinach. Serve with hollandaise foam.

## Cooking steps

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**(Pre-)heat cooking space to 200 °C with PizzaPlus**

**Preheating finished. Put the food in.**

**PizzaPlus 200 °C for 3 Mins**

**Turn the food. Continue baking.**

**PizzaPlus 200 °C for 3 Mins**

## Tips

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Freeze the rest of the English muffins and simply toast to defrost when needed.

## Accessories

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Baking tray

Whipping siphon

## Additional information

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