English muffins

Recipe by V-ZUG Ltd.



with poached egg and spinach

Preparation	45 Mins
Resting time	1 Hrs 20 Mins
Cooking time	6 Mins
Piece	8
Appliance	CombairSteamer V2000 from 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

1 shallot, chopped

Butter for sweating

200 g leaf spinach

Some salt

Some pepper

Some nutmeg

Some horseradish

Poached eggs

1 l water

100 ml vinegar

8 eggs

Dough

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

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

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

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

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

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

(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

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

Accessories

Baking tray

Whipping siphon

Additional information

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