



The Oesophageal  
Patients Association  
Caring for the cancer patient & their family

## Eggs Benedict

(Serves 3 for brunch or 6 as a starter)

### Ingredients

1 quantity Hollandaise Sauce  
6 large, very fresh eggs  
12 slices of pancetta, grilled until crisp  
3 English muffins, split in half horizontally  
A little butter



### Method

Pre-heat grill to its highest setting.

Make the hollandaise sauce, if you wish, by referring to Delia Smith's recipe.

Poach the eggs.

When the pancetta is cooked, keep it on a warm plate while you lightly toast the split muffins on both sides.

Now butter the muffins and place them on the baking tray, then top each half with two slices of pancetta.

Put a poached egg on top of each muffin half and then spoon over the hollandaise, covering the egg (there should be a little over 1 tablespoon of sauce for each egg).

Now flash the Eggs Benedict under the grill for just 25-30 seconds, as close to the heat as possible, but don't take your eyes off them – they need to be tinged golden and no more.

This should just glaze the surface of the hollandaise.

Serve straight away on hot plates.



Extracted from Delia's Complete How to Cook, published by BBC Books  
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