

New Season Asparagus with Poached Organic Hen's Egg, and Hollandaise Sauce

Serves 4

4 Large organic eggs

20 Spears of asparagus

Frisse lettuce

Olive Oil

White wine vinegar

Salt

Pepper

A little grate Parmesan

For the sauce: 4 eggs, 50g melted butter, 2 teaspoons white wine vinegar

Bring a large pan of water to the boil. Add a good slug of white wine vinegar, and when it is at a rolling boil, crack the egg into a coffee cup and then into the water. After 3 minutes remove the egg gently and if you are not using immediately, drop it into cold water.

For the asparagus, bring a large pan of water to the boil and blanch the asparagus for 2-3 minutes until just tender. Remove and again, if not using immediately, drop into cold water.

To make the sauce, place a stainless steel bowl over a pan of simmering water. Add the eggs and whisk adding the white wine vinegar. Now add the butter slowly and continue to whisk until it emulsifies, season with salt and pepper.

Now you can refresh your egg and asparagus, if needed, by heating them through in boiling water for about 20 seconds.

To assemble, place 5 spears of asparagus, sliced diagonally, in the centre of the plate. Arrange the egg on top and then dress with the Hollandaise. Finally finish off by dressing the fresse with a little olive oil and place onto of the Hollandaise. Grate a little Parmesan as a garnish.

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