



Deep Fried Breakfast Pizza with Sausage, Eggs, Parmesan, and Hollandaise

READY IN



1440 min.

SERVINGS



4

CALORIES



5032 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 1 teaspoon yeast dry
- 16 ounces bread flour for dusting plus more (3 cups plus 2 tablespoons)
- 0.5 pound diestel breakfast sausage raw
- 4 eggs
- 2 tablespoons parsley fresh chopped
- 2.3 teaspoons kosher salt for assembly
- 4 tablespoons maple syrup pure
- 1.5 cups parmesan grated

- 2 quarts vegetable oil; peanut oil preferred
- 11 ounces water ()

Equipment

- bowl
- frying pan
- whisk
- plastic wrap
- kitchen thermometer
- broiler
- stove
- wok
- kitchen towels
- spatula
- dutch oven
- tongs

Directions

- Combine flour, salt, and yeast in a large bowl.
- Whisk until homogenous.
- Add water and stir with hands until dough comes together and no dry flour remains. Knead lightly for about 30 seconds, then cover bowl tightly with plastic wrap and let sit at room temperature for 8 to 16 hours.
- Turn dough out onto lightly floured board and using floured hands, divide into four pieces. Form each piece into a ball and place on floured board, leaving a few inches of space between each ball. Cover with plastic wrap or with a moist, clean dish towel.
- Let rise for two hours.
- When dough has risen, preheat broiler to high heat with the rack set about 6 inches below the broiler element.
- Place a 10-inch cast iron or stainless steel skillet under the broiler.

- Add oil to a wide wok or Dutch oven and heat over high heat to 350°F, as registered on an instant-read or deep-fry thermometer. Adjust flame to maintain this temperature.
- On a lightly floured bowl, stretch or roll one dough ball into a disk about 10-inches in diameter. Using your fingertips, make a dozen to 18 small holes in the stretched dough, leaving the outer 1-inch intact.
- Carefully lower dough into hot oil, using a wire mesh spider or large metal spatula to keep it submerged. Fry until puffy and lightly crisped on bottom side, about 45 seconds. Carefully flip the dough with tongs and cook until second side is crisp, about 45 seconds longer. Carefully remove hot skillet from under broiler and set on stovetop. Flip dough back over and transfer to pre-heated skillet.
- Scatter 1/4 of sausage over top of pizza, leaving a 1-inch border all around and a 2-inch wide hole in the center for the egg. Make sure sausage pieces are no more than 1/4-inch in size, or they will not cook through. Break egg into center of pizza, drizzle sausage with maple syrup, then sprinkle entire pizza with 1/4 of Parmesan.
- Transfer to broiler and cook until edges are charred (this will happen much faster than with a normal pizza), and egg is set but still liquid in the center, about 1 1/2 minutes.
- Drizzle finished pizza with hollandaise and sprinkle with parsley.
- Serve immediately, then repeat steps 4 through 6 for remaining pizzas.

Nutrition Facts

■ PROTEIN **3.26%** ■ FAT **89.07%** ■ CARBS **7.67%**

Properties

Glycemic Index:47.63, Glycemic Load:58.55, Inflammation Score:-8, Nutrition Score:30.676521591518%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 5031.78kcal (251.59%), Fat: 504.05g (775.46%), Saturated Fat: 92.77g (579.83%), Carbohydrates: 97.69g (32.56%), Net Carbohydrates: 94.7g (34.44%), Sugar: 12.82g (14.24%), Cholesterol: 230mg (76.67%), Sodium: 2389.85mg (103.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.46g (82.93%), Vitamin E: 75.41mg (502.73%), Selenium: 67.03µg (95.76%), Manganese: 1.39mg (69.49%), Phosphorus: 540.02mg (54%), Calcium:

518.72mg (51.87%), Vitamin B2: 0.75mg (44.11%), Vitamin K: 37.45µg (35.67%), Zinc: 4.07mg (27.17%), Vitamin B1: 0.38mg (25.29%), Vitamin B12: 1.32µg (22.07%), Vitamin B3: 4.29mg (21.45%), Folate: 82.53µg (20.63%), Vitamin B5: 1.83mg (18.35%), Iron: 3.04mg (16.91%), Vitamin B6: 0.34mg (16.89%), Magnesium: 64.5mg (16.13%), Copper: 0.31mg (15.37%), Vitamin A: 743.75IU (14.87%), Vitamin D: 1.8µg (12.03%), Fiber: 3g (11.99%), Potassium: 413.02mg (11.8%), Vitamin C: 3.06mg (3.71%)