



Steak and Eggs Benedict with Béarnaise Sauce

 Vegetarian

READY IN



70 min.

SERVINGS



4

CALORIES



427 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 4 servings pepper black freshly ground
- 6 peppercorns whole black crushed
- 2 teaspoons chervil fresh finely chopped
- 0.3 cup wine dry white
- 3 large egg yolk
- 4 large eggs
- 2 muffins english

- 4 servings kosher salt
- 1 teaspoon olive oil
- 0.3 cup shallots finely chopped (from 1 medium shallot)
- 1 tablespoon tarragon fresh finely chopped
- 8 tablespoons butter unsalted melted (1 stick)
- 2 quarts water
- 4 teaspoons citrus champagne vinegar

Equipment

- bowl
- frying pan
- paper towels
- sauce pan
- pot
- sieve
- ramekin
- kitchen thermometer
- kitchen towels
- spatula
- slotted spoon
- tongs
- cutting board

Directions

- For the béarnaise sauce: Fill a large saucepan a quarter of the way full with water and bring it to a simmer over high heat.
- Remove from the heat and set aside.
- Combine the wine, vinegar, shallot, tarragon stems, and crushed peppercorns in a medium frying pan. Bring to a simmer over medium heat and cook until reduced to just over 2

tablespoons, about 5 to 7 minutes. Strain the vinegar mixture through a fine-mesh strainer into a small bowl, pressing on the solids; discard the solids. Set aside to cool, about 10 minutes.

- Heat a medium heavy-bottomed frying pan (not nonstick) over high heat until very hot but not smoking, about 3 to 4 minutes. (If the pan gets too hot and starts to smoke, take it off the heat to cool a bit.) Meanwhile, season the steak on both sides with the measured salt and pepper. Rub both sides with the olive oil.
- Place the steak in the hot pan and let it cook undisturbed until a dark crust forms on the bottom, about 3 to 4 minutes. Flip the steak using tongs or a spatula and cook until it's medium rare, about 3 to 4 minutes more. To check for doneness, use your finger to press on the steak: It should be firm around the edges but still give in the center. You can also use an instant-read thermometer—it should read 125°F to 130°F.
- Transfer the steak to a cutting board and let it rest while you poach the eggs. For the poached eggs: Bring the measured water to a simmer in a medium pot over high heat (the water should be at least 2 inches deep). Reduce the heat to low to keep the water at a bare simmer. Stir in the vinegar. Break 1 egg into a small cup or ramekin. Gently slide the egg into the simmering water. Repeat with the remaining 3 eggs, making sure to evenly space them in the water. Cook until the whites are just set, about 3 minutes. Lift the eggs out of the water with a slotted spoon.
- Place in a bowl of warm water to keep warm. To assemble: Split and toast the English muffins. Coat the cut sides of the muffins with a thin layer of butter, season with salt and pepper, and place on serving plates. Thinly slice the steak and divide it among the muffin halves. Using a slotted spoon, remove the eggs from the warm water. Blot any excess water from the underside of the spoon with a paper towel or kitchen towel and slide the eggs onto the steak. Top the eggs with the desired amount of béarnaise sauce (you may have some left over to serve on the side).
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:63.5, Glycemic Load:10.69, Inflammation Score:-6, Nutrition Score:12.366521824961%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 426.58kcal (21.33%), Fat: 32.51g (50.02%), Saturated Fat: 17.42g (108.86%), Carbohydrates: 18.85g (6.28%), Net Carbohydrates: 17.25g (6.27%), Sugar: 2.02g (2.24%), Cholesterol: 383.9mg (127.97%), Sodium: 434.85mg (18.91%), Alcohol: 2.06g (100%), Alcohol %: 0.41% (100%), Protein: 11.7g (23.41%), Selenium: 23.13µg (33.04%), Vitamin A: 1232.16IU (24.64%), Vitamin B2: 0.38mg (22.38%), Phosphorus: 215.28mg (21.53%), Manganese: 0.38mg (19%), Folate: 65.38µg (16.34%), Vitamin D: 2.11µg (14.06%), Vitamin B5: 1.38mg (13.75%), Iron: 2.41mg (13.38%), Vitamin B6: 0.26mg (13.21%), Vitamin B12: 0.75µg (12.54%), Calcium: 111.42mg (11.14%), Vitamin E: 1.66mg (11.05%), Copper: 0.2mg (9.85%), Zinc: 1.39mg (9.27%), Magnesium: 30.82mg (7.71%), Potassium: 267.55mg (7.64%), Vitamin B1: 0.11mg (7.54%), Fiber: 1.6g (6.4%), Vitamin B3: 0.72mg (3.61%), Vitamin K: 3.45µg (3.28%), Vitamin C: 2.53mg (3.07%)