

## Korean style Eggs Benedict

### Ingredients

1 English	Muffin
4 oz.	lean Steak of choice (ex. Flank Steak)
1 qt.	Cold Water
1 tbsp.	White distilled Vinegar
1 tsp.	Salt
2 ea.	whole Egg in Shell
2 oz.	Korean Hollandaise Sauce
2 tbsp.	Green Onion
To taste	Salt & Pepper

### Preparation:

1. In a designated sanitized sink or container soak produce in Anti-Microbial Fruit & Vegetable wash, then agitate for no longer than 30 seconds; allow to drain in a colander or strainer.
2. Prepare sub recipe for: Entrée, Korean Hollandaise Sauce.
3. Heat a Char-broiler to high heat.
4. Fabricate Steak into two separate 2 ounce slices.
5. Slice Green Onion on a bias

### Method –

1. On medium low heat, heat a sauce pan with 3-5 inches of water until simmering.
2. Add Vinegar and salt.
3. Create a vortex with the water and add the egg to the middle of the vortex and cook the egg for 3 minutes.
4. Remove the egg with a slotted spoon and dab it on a paper towel to remove any excess water.
5. Transfer the cooked poached eggs to an ice water bath.
6. Toast both internal sides of English Muffin.
7. Season slices of steak with Salt & Pepper.
8. Place Steak on Char-broiler and grill both sides rotating at '10pm and then 2pm' to create cross hatched marks.
9. To build the plate:

English Muffin open  
2 oz. Steak on each Muffin  
1 ea. Poached Egg on top of each Steak  
1 oz. Korean Hollandaise sauce going on top of each Egg  
Garnish with Green Onion

10. Serve.

Serving Size: Volume and (grams) 476g