

Breakfast

Eggs Sardou

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Palm Beach Post

Servings: 4

HOLLANDAISE SAUCE

4 teaspoons vinegar

4 teaspoons lemon juice

4 teaspoons orange juice

4 egg yolks

1 cup clarified butter, warm

EGGS

1 pound spinach

2 cloves garlic

1 shallot

olive oil (for saute'ing)

8 artichoke bottoms (good quality canned or jarred artichokes are fine)

8 poached eggs

For the Hollandaise Sauce: Place the vinegar, lemon juice, orange juice and yolks in the top deck of a double boiler with water in the lower deck. The water should be hot but not boiling. Whisk slowly until you see the yolks begin to coagulate on the side of the pan.

If the pan gets too hot, remove from the heat for a minute, whisking constantly.

Whisk while cooking, minding the temperature, until the yolk mixture is light in color and does not leave a yellow streak when the whisk goes through it.

If you see any sign of scrambling, remove the top bowl/pot from the heat.

When the yolk mixture is good and thick, remove from the heat and slowly drizzle the clarified butter into it, whisking constantly until well-incorporated. Set aside.

Saute' the spinach with the garlic, shallots and olive oil.

Divide the spinach mixture onto four hot plates.

Place two artichoke bottoms on each plate.

To Poach The Eggs: Bring water to a simmer in a saucepan. Add a few dashes of vinegar. Crack the eggs and gently drop them into the water. Eggs are done when the whites are no longer transparent. Remove them and gently dry them over a kitchen towel.

Carefully place the poached egg atop each artichoke bottom.

Top with the hollandaise sauce.

Per Serving (excluding unknown items): 691 Calories; 66g Fat (85.0% calories from fat); 19g Protein; 8g Carbohydrate; 3g Dietary Fiber; 767mg Cholesterol; 378mg Sodium. Exchanges: 2 Lean Meat; 1 Vegetable; 0 Fruit; 12 Fat; 0 Other Carbohydrates.