Today’s lab instructions – Day 2 of Eggs Benedict Lab

Wash hands first! Find dough, punch down. Sanitize table, lightly flour surface. Get a French dowel, and roll out dough to ½ inch thickness. Turn ovens on to 170 degrees for rising temp.

Using a serrated knife, cut 1/3 of the dough off. Shape the dough into a round disk shape, then wait until you have additional dough from what is cut away from shaping the other 2/3 as you cut it into rounds.

To shape the other 2/3 of dough cut the dough into rounds use white cups in kitchen cupboards. Make as many rounds as you can. With the dough that is left after the rounds are cut, push it into the 1/3 you cut away. Smooth the 1/3 dough into a better round shape and then wrap well with plastic wrap, then with aluminum foil and label for your kitchen with today’s date 9/1. Take this dough to the freezer **in the laundry room**. We will store it frozen until next week or the following week, and use it for pizza dough.

Now, for the round shapes: Get a baking sheet (jelly roll pan) line it with parchment paper (like we did the baguettes). Sprinkle lightly with corn meal, and place the rounds on the sheet leaving at least 2 inches around each one. **Lightly** dust the top of each round with corn meal. Place dough in warmed oven, and let rise 12 min.

Heat electric skillets to 325 degrees. Do not put any oil, margarine or spray in them. They should be dry. Cook the muffins on the skillets for about 8-10 min. on each side. Place the finished English muffins in your warm oven to stay warm.

**When you have taken dough out of rising oven, then begin to prepare your water in a skillet for poaching eggs.**  You will need a 10 inch skillet for your range top. Water should be ½ filled in the skillet. Measure 1 t. white vinegar and place in the water. Turn on to 7. It should come up to simmer. Get 3-4 eggs from the demo table ready to poach, and also find a slotted spoon or a spider. Have paper towel ready to place the eggs on when you take them out of the water.

Warm up your bacon from yesterday if you want by placing in microwaves **without** the plastic wrap. 30 sec. – 1 min should do it. Or you can place our bacon on the electric skillet to warm.

When the English muffins are on the electric skillet griddling, you can begin poaching eggs. Remember to use centrifugal direction rotating the water clockwise. Break one egg at a time in a ramekin dish, and gently slide into the water as you are rotating it. Stop after you add each egg. Poach until desired doneness, but the white should be firm.

Lift the eggs out of the water with slotted spoons to the folded paper towels. Slice your English muffins in half using a cutting board and serrated knife (remember to place a damp cloth towel under board). You can toast the inside of your half English muffin in the same electric skillet.

Stack your English muffin with bacon, poached egg and then top with the Blender Hollandaise sauce (if you want to try it to complete your dish). Enjoy!