

EGGS BACONNAISE

A firm favourite with *The Real Meal Revolution*, this is the Banting man's version of Egg's Benedict but better. Instead of using butter for the hollandaise, you use the fat from frying the bacon. Whoever thought of using bacon fat to make mayonnaise should be knighted. As you embark on Banting, you might find yourself shedding a tear or two for all the bacon fat you've drained onto paper towel over the years. This recipe is perfect for a special occasion or perhaps a good "healing" meal on a morning after a night before because it takes slightly longer than a quick flash in the pan and the methods are slightly more complex. You will need time.

2 small aubergines, grated on the large grain • 300g melted butter
250g streaky bacon • 12 eggs • 1 lemon • 1 tbsp strong dijon mustard
salt and pepper • vinegar

- 1/ Soak the aubergine in 1 tbsp salt and leave to drain for 30 minutes before ringing aubergine out and shaping it into large cakes.
- 2/ In a heavy-based saucepan, fry the aubergine cakes on a low heat with 100g of butter for about 30 minutes, turning carefully now and then.
- 3/ Place a small pot of water on the stovetop. Give it a splash of vinegar and bring to a boil.
- 4/ Fry your bacon rashers on a medium heat (so the fat doesn't burn) in the remaining 200g of butter until crispy. Remove from the heat, draining the excess fat back into the pan.
- 5/ Separate four eggs and place the yolks, lemon juice and mustard in a heat-proof bowl on top of the boiling vinegar and water (this is called a double boiler). Whisk vigorously until it becomes light and fluffy.
- 6/ While whisking continuously, slowly pour the melted butter and bacon fat into the egg mixture. Be careful not to pour it in too fast as the mixture will split. Once you have poured in all of the butter and bacon fat and it has emulsified, your Baconnaise is ready and can be seasoned and set aside.
- 7/ Reduce the water temperature to a light simmer. Swirl the water to create a medium-strength circular current. Break the remaining eggs into a small bowl and tip them, one by one, into the heart of the "whirl pool". Allow them to poach for about three or four minutes or until soft.
- 8/ When they're cooked, use a slotted spoon to remove the eggs from the water and dab them with a dry cloth or paper towel before serving.
- 9/ By this time, the rostis should be nice and crispy. Remove them from the pan and dab them on paper towel.
- 10/ Place a rosti on each plate, top each one with bacon, then two eggs and finally, the baconnaise.

Note: A tip for the best poached eggs – use the freshest you can find, they hold their shape the best. A tip for making baconnaise or hollandaise – if the mixture gets too thick, add a few drops of hot water. If it starts splitting, do the same and keep whisking. If it splits completely, start again with the lemon, egg yolk and mustard and use the split sauce as the butter in the first round – pouring it in slowly.

SERVES 4