

EGGS AQUNA — SMOKED AQUNA  
MURRAY COD, SOURDOUGH,  
POACHED EGG, HOLLANDAISE



*Life tastes better our way*



AQUNA  
Sustainable Murray Cod



## INGREDIENTS

1 x 250g piece of 'Aquna'  
Smoked Murray Cod  
4 x slices of sourdough  
8 x eggs  
2tsp white vinegar  
Parsley (for garnishing)

### HOLLANDAISE SAUCE

2 x large egg yolks  
10g dijon mustard  
20ml water  
100g unsalted butter  
(melted and warm)  
20g lemon juice

PREP: 15 MINUTES  
COOK: 15 MINUTES  
SERVES: 4 PEOPLE

## METHOD

### HOLLANDAISE

1. In a heavy mixing bowl, place the egg yolks, mustard and water – whip together until light and fluffy.
2. Half fill a saucepan with water until simmering; carefully hold the bowl over the steam while whisking thoroughly.
3. Whisk the mixture until it thickens (be careful not to overheat, regulate the heat by taking the bowl away from the heat every 10 – 15 seconds).
4. Once the egg mix is light and fluffy and at a sabayon consistency, remove the bowl from the heat and begin to slowly add the melted butter.
5. Continue to whisk thoroughly while adding the butter slowly until the mixture becomes thick and glossy, add lemon juice and salt to taste.
6. If the mixture looks as if it will split you can add drops of warm water to keep the mixture emulsified.
7. Set aside in a warm place.

### EGGS:

1. In a small pot, bring water and white vinegar to the simmer.
2. Crack the eggs one at a time in a small ramekin, stir the simmering water so that it creates a vortex, gently drop in the egg.
3. Once the egg solidifies a little you can add the second egg (only cook two at a time).
4. With a slotted spoon check the eggs firmness, it should take 2 – 3 minutes depending on the size of the eggs and the temperature of the water.
5. Once the egg is cooked remove and dry on a piece of paper towel.
6. Cook the remaining eggs.

### TO ASSEMBLE

1. Slice the smoked cod.
2. Toast the sourdough.
3. Place the poached eggs on top of the sourdough.
4. Spoon over the warm hollandaise.
5. Place the sliced fish next to the eggs and garnish with some fresh parsley.



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RECIPE #17



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