

Carnivore Eggs Benedict

Carnivore Bun

Ingredients:

1 cup ZeroKrumbs Pork Rind Crumbs

2 eggs

¼ tsp baking powder

Method:

1. Whisk all the ingredients together until well combined.
2. Heat a bit of beef tallow in a pan and pour the mixture into an egg ring to keep its shape.
3. Fry until golden brown on the underside, then flip and cook the other side.
4. Once done, slice the bun horizontally through the middle.
5. Use it as the base for a carnivore-style eggs benedict.

Perfectly Poached Eggs

Ingredients:

Eggs

1 Tbsp light-coloured vinegar

Method:

1. Fill a pot with water (about 10cm deep is ideal) and bring it to a gentle boil. Then reduce the heat to low—or turn it off completely.
2. Crack your egg into a fine mesh sieve over a small bowl. This removes the thin, watery whites for a neater poach.
3. Gently transfer the egg into a small ramekin or cup.
4. Add 1 tablespoon of light-coloured vinegar (like white vinegar) to the pot, then stir the water to create a gentle vortex.
5. Pour the egg into the centre of the swirling water and set a timer for 3 minutes.
6. Once poached, use a slotted spoon to lift the egg out. Dab it with a paper towel to remove excess water and serve immediately.

Hollandaise Sauce

Ingredients:

3 egg yolks

1 tsp lemon juice

½ cup butter

Pinch of salt

Optional: pinch of garlic powder or cayenne for extra flavour

Method:**1. Blend yolks & lemon:**

Add egg yolks and lemon juice to a blender. Blend on medium speed for 20–30 seconds until slightly thick and pale.

2. Add butter slowly:

With the blender running on low, slowly drizzle in the hot melted butter in a thin stream. This will emulsify into a smooth, creamy sauce.

3. Season & serve:

Add salt to taste and blend briefly. Serve immediately, or keep in a warm water bowl for up to 1 hour.

Storage Tip:

Keeps well in the fridge for up to 4 days. Gently reheat before serving.

Lastly, you need to fry your bacon or you could use prosciutto or even Smoked Salmon

To put your meal together, make your Carnivore Bun, fry your bacon or your alternative choice, make your perfectly poached eggs and layer these topping with your delicious Hollandaise Sauce.

