



## ***‘If you love eggs and bacon in a roll, give this one a go!’***

It was written somewhere that the average person consumes roughly 8kg of bacon a year. The average person can do so much better!

In this episode, Cam coats the brackish breakfast staple with sweet, sticky maple – then pairs it with a perfectly poached egg, seasoned sautéed spinach, and dolloped hollandaise for an all-in-one brekky bun that is no ‘yolk’!

Watch here, or on our [YouTube channel](#) – plus more, every Sunday from 6pm.



*An all-in-one brekky bun that is no ‘yolk’!*

## **Ingredients (1 x Serving)**

1 x large roll  
1 x egg  
2 x rashers of streaky bacon  
1tsp of vinegar  
1tbs of butter  
50mL of maple syrup  
50mL of canola oil  
Baby spinach

### **To Serve:**

100mL of hollandaise sauce  
Salt & pepper

## **Cam’s Kit:**

[Companion Double Burner Wok Cooker](#)

[Campfire Nonstick Pans](#)



*Cam’s ingredients*

## **Method:**

### **1. Prepare the Maple-Infused Bacon (00:19)**

Cam uses streaky bacon for its flavour and fattier texture.

Place the bacon rashers flat on a plate and liberally douse with maple syrup. Coat the rashers evenly.

Place to the side.



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### **2. Prepare to Poach (01:20)**

Fill a small pot with water, and place on the heat to boil.

### **3. Cook the Bacon (01:42)**

With the water boiling on one burner, place a pan on the other and allow to heat.

Add a splash of oil, and lay the bacon strips into the pan.

Cook the bacon until crispy, or your desired consistency.

#### **4. Remove the Bacon From the Heat** (02:48)

Place the cooked bacon back on the plate, discard the oil from the pan, and wipe over with a cloth (this pan will also be used to sauté the spinach).

*Cook the bacon until crispy, or your desired consistency.*

#### **5. Slice the Roll** (03:21)

...Just as you normally would.

#### **6. Poach the Egg** (03:33)

Add the vinegar and a reasonable amount of salt to the boiling water.

The vinegar – or any form of acid, like lemon juice – aids in setting the egg as soon as it enters the boiling water.

Use a spoon to create a well, stirring the water in a whirlpool motion.

Crack in the egg; you'll notice that it holds its shape.

For a soft egg, allow to cook for 2 minutes. For a harder yolk, leave for 3-4 minutes.

*Any form of acid, like lemon juice or vinegar, aids in setting the egg as soon as it enters the boiling water.*

#### **7. Sauté the Spinach** (04:54)

Add butter to the hot pan and allow to melt.

Place a handful of spinach into the butter and season with salt.

Once the spinach has wilted, remove the pan from the heat.

*Once the spinach has wilted, remove the pan from the heat.*

#### **8. Assemble the Roll** (05:50)

Spoon the spinach onto the base of the bun, and blanket with the bacon rashers.

Remove the egg from the pot and pat gently with paper towel to drain the moisture.

Usually, Cam would make his own hollandaise from scratch – but for camping convenience, he recommends using pre-made. The store-bought hollandaise he uses for this dish contains oil instead of butter, with lemon juice for added tang – and still works well.

Finish with cracked pepper.

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#### **9. The Finished Product** (07:14)

The maple adds a depth of flavour, while poaching the egg relieves the dish of the underlying fattiness from frying that would otherwise throw off the balance of texture and flavour profile. Simple but sophisticated, Cam's maple-infused bacon and egg benedict roll with hollandaise sauce goes around *bacon* so many hearts with its sweet-but-salty pang and rich-yet-sprightly tang!

*Cam's maple-infused bacon and egg benedict roll with hollandaise sauce goes around bacon so many hearts!*