



EGGS BENEDICT



Ingredients

English Muffins – generally 1 whole muffin per person

Canadian Bacon or ham slices – depending on the thickness of the pork, 1-2 slices per half muffin

Eggs – 1 egg per half muffin

Hollandaise Sauce:

Classic – 4 egg yolks, ½ cup butter, and 2-3 teaspoons lemon juice

Blender – 3 egg yolks, 2 T lemon juice, ½ c butter or margarine, dash cayenne

Instructions

Let's make the Hollandaise sauce first –

Classic:

1. Cut the butter in thirds or pieces
2. Place egg yolks and about a third of the total amount of butter in a double boiler. Cook over hot water until butter melts. Stir constantly.
3. Add another third of the butter, continue to stir. Then the last third and stirring, until thickened.
4. When butter is melted, remove from top of the hot water and stirring, add the lemon juice a little at a time. About 2 minutes. Add salt and pepper.
5. Heat again over the hot water (double boiler) for another 2-3 minutes. Remove immediately. IF it curdles, add 1-2 T hot water and stir to recombine.

Blender:

1. Place egg yolks, lemon juice, cayenne, salt and pepper to taste in blender container. Cover and turn off/on/off/on ...

2. Heat butter until almost boiling. Turn blender on high and slowly pour in butter through top hole of blender lid until thick and fluffy. About 30 seconds.
3. Heat over warm, not hot water until ready to serve.

Poached Eggs:

1. Add about 4" water into a pan to prepare the eggs.
2. Heat to just boiling – swirl with a spoon to make water circle (swirl).
3. Put each egg into a separate dish and as the water is swirling, slip the egg into the swirl going in the same direction as the swirl. If the pan is large enough you can cook 2-3 eggs at one time.
4. Reduce heat to low and cook 3-5 minutes depending on the doneness of the egg desired.
5. Remove from water with a slotted spoon.

For EGGS BENEDICT:

1. Split the English Muffins and toast – either in toaster or on a buttered griddle.
2. Top with the ham or Canadian Bacon that has been broiled or grilled to “toast” and heat through.
3. Place a poached egg on top of the ham.
4. Pour Hollandaise Sauce over all – top with chopped parsley, paprika, and enjoy!

NOTES FROM THE CHEF:

Practice the poached eggs a time or two to know the length of time for desired doneness of the eggs. The whites should be done, not runny.

If you ever want to make poached eggs to heat later, remove from water with slotted spoon, drain on a towel, cool. When ready to eat just reheat over hot water the same way, but only for a few seconds. Again, I find it best to practice a time or two to get it “just right”.

These are delicious served for breakfast, brunch, lunch, or even dinner with maybe some fried hash brown potatoes. (You could even try adding some onion with the hash browns.)

Adding a little fresh fruit on the side makes for a delicious meal!

Recipe by: Granni K