

EGGS BENEDICT

INGREDIENTS:

4 English muffins, split
8 slices Canadian bacon
8 poached eggs
Hollandaise sauce
paprika, for garnish
snipped chives, for garnish

DIRECTIONS:

Preheat Broiler.

1. Prepare Hollandaise sauce; set aside and keep warm.
2. In a large skillet, brown the bacon on both sides; remove from heat and drain on paper towels.
3. Poach eggs; drain on paper towels or clean dish towel.
4. Place English muffins, sliced side up, on a baking sheet. Toast under broiler, watching carefully so they do not burn.

Assemble the Eggs Benedict:

1. Place both halves of a toasted English muffin on a warmed plate. Top each half with a slice of Canadian bacon, and a poached egg. Spoon some hollandaise sauce over eggs, letting it run down the sides of the English muffin.
2. Garnish with a sprinkle of paprika and a few snipped chives.



HOLLANDAISE SAUCE

This is an easy hollandaise sauce recipe that is perfect over eggs benedict and poached fish as well many grilled or roasted vegetables. This perfect hollandaise recipe results in a rich, buttery, lemony, and so delicious sauce!

INGREDIENTS:

4 egg yolks
2 tbsp Water
1 Tbsp lemon juice, freshly squeezed
1/2 cup unsalted butter (1 stick), melted
white pepper, pinch
cayenne, pinch
salt, pinch
dash of paprika, for garnish
fresh chives, snipped for garnish

DIRECTIONS:

1. Add the egg yolks and 1 Tbsp of lemon juice to the top of a double boiler; whisk vigorously until they become thick and nearly double in volume.
2. Bring water to a simmer in the bottom half of the double boiler. Place top pan, containing the egg yolks and lemon, back on the double boiler. Be sure the water is barely simmering and doesn't touch the bottom of the pan.
3. Continue to rapidly whisk the egg yolk mixture, being careful that the eggs do not get too hot. You do not want to scramble the eggs, just heat them gently.
4. Slowly DRIZZLE the melted butter into the egg mixture, whisking continuously. Continue heating and whisking until the sauce doubles in volume and becomes thick.
5. Remove from heat. Gently whisk in a pinch of white pepper, a pinch of cayenne, and a pinch of salt.
6. Cover; keep warm until ready to serve.

*If the sauce thickens too much, you can whisk in a couple of drops of hot water just before serving.

Garnish with a pinch of paprika and some snipped chives.



HOW DO I MAKE HOLLANDAISE SAUCE?

Making hollandaise sauce is as easy as adding water and egg yolks to a blender while slowly adding in melted butter. Once an emulsion is formed and the mixture is creamy you can add in the seasonings like lemon juice, cayenne, salt and pepper.

The butter adds a beautiful creamy texture and the cayenne just adds depth of flavor rather than any sort of spice.

HOW TO POACH AN EGG

When poaching eggs always use the freshest eggs you can get. Place a tea towel or folded paper towel on a plate and set aside; you will use this to drain your eggs when they come out of the water.

1. Fill a saucepan with about 3" of water. Acidulate the water with either 1 tsp of vinegar or 1 tsp of lemon juice for each cup of water used. Adding an acid to the cooking water lowers its PH and helps the egg protein cook without breaking apart. Don't worry, it won't affect the flavor of the egg.
2. Bring the water to just below the boiling point.
3. Crack an egg into a custard cup or ramekin.
4. With a slotted spoon, stir the water to create a small vortex, then gently slip the egg into the center of the whirlpool. Your egg will gently swirl around and the white will come together and set nicely.
5. When the first egg has moved out of the way, you can slip another egg in using the same method. Be gentle and do not overcrowd the pan.
6. Let the eggs continue cooking until they reach the desired level of doneness. Keep the water just below the boiling point.
7. It's a good idea to add an extra test egg to the pan, this way you can be sure your eggs are always done exactly the way you like them.
8. When the eggs are done, remove with a slotted spoon and blot on the tea towel or paper towel. Serve immediately.

Note: If you are cooking for a crowd, or you want to prepare your eggs ahead of time, poached eggs can be cooked up to a day in advance. Simply cook the eggs and place them immediately into a bowl of ice cold water. Refrigerate until you are ready to use them. To reheat, bring a saucepan of water to just under the boiling point, add the eggs and cook for 2 to 3 minutes. Remove with a slotted spoon, blot on towel, and serve immediately.