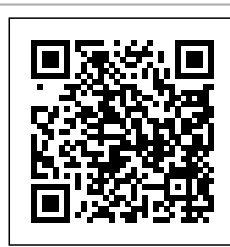


Eggs Benedict



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Recipe by: Laura Vitale

Serves 4

Prep Time: minutes

Cook Time: minutes

Ingredients

For the Hollandaise Sauce

- 2 Egg Yolks
- 1/3 cup of Unsalted Butter, melted
- 1 ½ tsp of Lemon Juice
- Pinch of Cayenne pepper
- Salt, to taste
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For the remaining recipe

- 2 English Muffins, split
- 4 Eggs
- 1 tsp of Distilled White Vinegar
- 4 Slices of Canadian Bacon
- 1 Tbsp of Unsalted Butter

1) To make the sauce, fill a sauce pan with about 1 inch of water, bring to a simmer on low heat.

2) Fill a 12 inch skillet with high sides half way up with water, add the vinegar and bring to a slow boil. (this pan is for poaching the eggs)

3) In a glass bowl (one that fits perfectly on top of the saucepan) whisk the egg yolks and lemon juice in a bowl for a few minutes or until they double in size and become pale in color.

4) Place the bowl with the egg yolk mixture on top of the sauce pan with the simmering water and continuing to whisk constantly and quickly, stream in the melted butter slowly while whisking until the sauce thickens.

5) Remove the sauce from the heat and stir in the salt and cayenne pepper. Set aside and also reserve a little of the simmering water to thin out the sauce if necessary.

6) Break each egg in a small bowl, than drop each one in the slow boiling vinegar water, cook them for 3 minutes.

7) While the eggs are poaching, spread a little butter on the cut side of each English muffin, toast them cut side down in a skillet over medium heat and in the same skillet, brown up the Canadian bacon on both sides.

8) When the eggs have finished cooking, remove them from the boiling water with a slotted spoon and gently dab them on a paper towel to absorb the extra water.

9) To assemble, place one piece of the English muffin on a plate, top that with a piece of Canadian bacon, place your poached egg on top of that and finish the whole thing off with some of the hollandaise sauce. Most likely you are going to have to thin out the sauce with some of the hot simmering water so keep that in mind and add a teaspoon at a time until you reach a runny consistency.

NOTE: if the hollandaise sauce thickens up too much as it sits, whisk in a tablespoon or two of hot water.

