



## *Classic Eggs Benedict on English Muffins*

Preparation Time: 8 mins

Cooking Time: 20 mins

Serves: 4

Difficulty: Intermediate

### INGREDIENTS

#### Hollandaise Sauce

- 4 egg yolks
- 1/8 teaspoon Cayenne Pepper
- Pinch of sea salt
- 1 tablespoon freshly squeezed lemon juice
- 1/2 cup melted unsalted butter
- Parsley, Chives, or Dill, chopped
- Optional but worth it:
  - 1/4 - 1/2 cup heavy cream
  - 1 tsp dijon mustard

#### Eggs Benedict

- 8 large organic eggs (fresher the better!)
- Canadian bacon or Smoked Ham
- 1 tablespoons white vinegar
- 4 English Muffins, split & toasted

#### **Note**

Can be served with asparagus, spinach, or roasted tomatoes.

To add a slightly peppery green, add a layer of arugula on top of the Canadian bacon.

### DIRECTIONS

Timing is important for this recipe. Prepare and lay out everything in advance, which is always recommended for a seamless cooking experience and increased success.

#### **Canadian Bacon or Smoked Ham**

1. Warm in the oven in a foil covered dish.

#### **Hollandaise Sauce**

2. Set up a double boiler, add water to bottom pot, and gradually heat until simmering, but not too hot. The top bowl of the double boiler should not be able to touch the water when placed on top of the bottom pot.
3. Vigorously whisk the eggs and lemon juice in the top part of the boiler (such as a heat proof glass or stainless-steel bowl), but not over the heat yet. Whisk until the egg yolks and lemon thicken and doubles in volume.
4. Place bowl on top of the pot, continue to whisk quickly, and drizzle in butter, until the sauce combines and thickens.
5. Optional – Add cream and Dijon mustard, continuing to whisk until thickened. Amount of cream varies according to preferred thickness.
6. Remove from the heat, whisk in the cayenne pepper and salt. Cover and set aside so you can cook the eggs.

#### **Eggs**

1. Fill a pot or saucepan of water (that will roomily fit 4 eggs) with at least 3" of water, bring water to a boil, and add white vinegar.
2. Crack eggs in one at a time. Cook until the whites are just set, about 3-4 minutes.
3. Remove from pan, set on paper towel.
4. Serve: Lay English muffins on plate, add layer of Canadian bacon, top with egg, pour hollandaise sauce over top and dress with herbs.