

Eggs Benedict

“Making Eggs Benedict requires careful orchestration. You have to have warm, crispy bacon, hot buttered toasted English muffins, eggs poached perfectly to your desire, and a warm, creamy, unbroken Hollandaise sauce, all at about the same time. No wonder I rarely eat Eggs Benedict unless I’m eating out, my brain is scrambled enough as it is in the morning without having to juggle in the kitchen.”
-Elise from Simply Recipes



INGREDIENTS

- 1 piece of Canadian bacon per serving
- 1 tablespoon chopped parsley, for garnish
- 1 egg per serving
- 2 teaspoons white or rice vinegar
- ½ English muffin per serving
- Hollandaise sauce (one recipe is plenty for 4 servings)

1 Start with the bacon. Heat a large skillet on medium low heat. Add the slices of Canadian bacon. Slowly fry, turning occasionally, until the bacon is browned on both sides. Use tongs or a fork to remove the bacon from the pan, set on a paper towel to absorb the excess fat.

2 While the bacon is cooking, bring a large saucepan filled with 3” of water to a boil, then add the vinegar. Bring the water to a boil again, then lower the heat to a bare simmer.

3 Poach your eggs. After cooking for 4 minutes lift eggs with a slotted spoon and place in cool water to stop the cooking process. Empty the water from the saucepan, fill with 3” of fresh water and bring to a boil.

4 As soon as all the eggs are in the poaching water, begin toasting your English muffins. You can toast them in a toaster and then butter lightly while warm or you can pre-butter them and toast them face down on your griddle.

5 When the saucepan of water is boiling begin to make your Hollandaise sauce. Allow the boiling water to cool to a simmer and as you complete the sauce, place the poached eggs into the simmering water to warm them.

6 To assemble the eggs benedict, lay an english muffin on a plate. Top with 1 slice of Canadian bacon. Put a poached egg on top of the bacon, then pour some hollandaise over. Sprinkle some parsley over it all and serve at once.

Julia Child's Hollandaise Sauce

This very quick method for making hollandaise cannot fail when you add your butter in a small stream of droplets.

For about $\frac{3}{4}$ cup:

Ingredients

3 egg yolks

$\frac{1}{4}$ tsp salt

pinch of pepper

1 to 2 Tb lemon juice

4 ounces or 1 stick of butter

Place egg yolks, seasonings, and 1 tablespoon lemon juice in the blender jar. You can beat in more when sauce is done and will know what proportions you like for the next time.

Cut the butter into pieces and heat it to foaming hot in a small saucepan.

Cover the blender and blend the egg yolk mixture at top speed for 2 seconds. Uncover, and still blending at top speed, immediately start pouring in the hot butter in a thin stream of droplets. (You may need to protect yourself with a towel during this operation.) By the time two thirds of the butter has gone in, the sauce will be a thick cream. Omit the milky residue at the bottom of the butter pan. Taste the sauce, and blend in more seasonings if necessary.

(*) If not used immediately, set the jar in tepid, but not warm, water.

For More Sauce

The amount of butter you can use in a blender is only half the amount the egg yolks could absorb if you were making the sauce by hand, when 3 egg yolks can take 8 to 9 ounces of butter rather than the 4 ounces in the preceding recipe. However, if you added more butter to the blender than the 4 ounces specified, the sauce would become so thick that it would clog the machine. To double your amount of sauce, then, pour it out of the blender jar into a saucepan or bowl and beat into it an additional $\frac{1}{2}$ cup of melted butter, added in a stream of droplets.