

Eggs Benedict

Show: Jan 16th

Ingredients:Serves a full buffet or just 1

The original Benedict:

2 Egg, poached**
1 English Muffin, halved
2 slice Canadian Bacon
1/4 cup Hollandaise Sauce** (or to taste)

Procedure:

Lightly grill 2 slice of Canadian Bacon and gently toast 1 English Muffin. Place the muffin halves side-by-side on a plate. Place 1 slice of Canadian Bacon on each muffin half. Place one poached egg on each bacon slice and top each egg with 1/8 cup Hollandaise sauce. Sprinkle a bit of chopped parsley, or cayenne, or other tasty herbs and serve.

Variables are:

Replace the muffin with potato pancakes** and the Canadian bacon with smoked salmon then the eggs and Hollandaise.

Replace the muffin with Portobello mushroom cap and creamed spinach** then the eggs and Hollandaise.

Replace the muffin with artichoke bottoms, sliced avocado or tomatoes, top with crab cakes then the eggs and Hollandaise.

Replace the muffin with tortillas and avocado then the eggs and Hollandaise (and/or salsa).

This should loosen up your imagination.

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