

Eggs Benedict



Ingredients

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- 8 Eggs
- 8 slices Canadian Bacon
- 4 English Muffins
- 1 Tbsp Vinegar
- Paprika for garnish

Hollandaise Sauce:

- ½ lb (2 sticks) butter
- 1 cup egg yolks
- ¼ cup lemon juice

Utensils

- Pots
- Small bowls
- Measuring cups and spoons
- Slotted Spoon
- Towel or Paper Towels
- Ladle
- Double Boiler
- Whisk



Recipe Instructions

Step 1: Prep

Fill a deep pot with water for poaching eggs. Fill double boiler with water. Fill a small pot with water. Bring each pot to a boil on the stove.

Melt butter.

Separate egg whites from egg yolks until you have 1 cup of just egg yolks.

Step 2: Poaching Pt. 1

The poaching water needs to be simmering. Once you hit a boil, turn down to medium to maintain heat. It should be 190°

Add 1 tbsp vinegar to water.

Crack one egg into one small bowl. Continue with about 4 bowls at a time.

Step 3: Poaching Pt. 2

Slowly lower the small bowl with egg into the water and pour egg out. Repeat with others until all 4 eggs are in the water. Set a timer for 4 minutes. Do not disturb the eggs. Then remove from water with a slotted spoon and place on a kitchen towel or paper towel.

Step 4: Hollandaise

Pour lemon juice into double boiler. Turn heat down to medium. Slowly pour egg yolks in while whisking at the same time. **Keep whisking** or else your eggs will cook.

Then, slowly pour in melted butter while whisking. **Do not stop whisking.** Sauce will slowly thicken. Stop when you've reached your desired consistency.

Step 5: Cook & Toast

Cook Canadian Bacon in a frying pan over medium/high heat until slightly browned.

Toast English muffins until desired crispiness.

Step 6: Plate and Enjoy

Place toasted English muffin on a plate, followed by a slice of Canadian bacon, then a poached egg, and pour hollandaise on top. Garnish with a bit of paprika and **Enjoy!**

This dish is best served hot.



Scan this QR code with your phone to watch an instructional video on this recipe!

Kitchen Safety Tips:

- Let everyone in your home know that you will be using the stove.
- Always use **pot holders** when touching pots on the stove.