

Eggs Benedict with Hollandaise Sauce

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Whether its glazed over steak, spooned over pasta or mixed into soups, we've all had a taste of French Mother Sauces, in this recipe we are taking about one of the most popular ones , there are five, Hollandaise sauce and eggs benedict. The right sauce can elevate any dish by providing textural contrast, balancing flavors or adding extra seasoning.

Hollandaise sauce is an egg yolk mixture emulsified with butter and lemon juice. It is a delicate sauce and creamy. it taste like rich creamy butter, prefect over poached eggs.

To poach eggs bring a pan of salted water to a boil, drop eggs in slowly, add a tablespoon of vinegar or lemon juice to the water, it helps the eggs keep their shape, for the bacon ,you can use the classic Canadian bacon, if you like, it's best cooked in the oven.

This recipe is not cooked the hot butter and lemon juice temper it to safe degree, if you are not comfortable with that this process, you can set the Hollandaise sauce mixture bowl over a pot of boiling water, to raise the temperature of the eggs higher.

Whatever method you decide this is one recipe you need, from this sauce as the base many more start.



My recipes are always customizable to fit your lifestyle and taste by adding or subtracting ingredients.

Cooking is meant to be fun and creative, so have fun, experiment and let me know if you try the recipes and what you think.

Ingredients

4 English muffins

2 avocados

8 pieces crispy bacon

8 egg yolks

1 stick melted butter

juice from 2 lemons

1 Tablespoon Dijon mustard

1 teaspoon Tabasco sauce

salt and pepper to taste

Instructions

Toast and butter English muffins

line with avocado and crispy bacon

top with poached eggs

drizzle with Hollandaise sauce

garnish with chives and paprika.....ENJOY!!!!

Separate eggs

Melt butter

Put egg yolks and rest of ingredients except for the melted butter in blender

With blender running pour melted butter in a steady slow stream

pour over poached eggs on benedicts

Garnish with Parmesan cheese...Italian parsley ENJOY!!!

