

NEW ORLEANS EGGS BENEDICT

We've created a fusion of flavors to add Louisiana flair to the favorite brunch staple, Eggs Benedict. Instead of going to a diner, dine in with friends while helping yourselves to a gourmet recipe with a maritime kick.



Servings: 6
Prep time: 15 minutes
Cooking time: 20 minutes
Cost: \$10.28

Ingredients

6 English muffins
1 + 12 eggs
1 pound shrimp (pre-cooked, peeled and deveined, fresh or frozen)
1 green onion (scallion), finely chopped
¼ teaspoon cayenne pepper
1 teaspoon lime juice
¾ cup breadcrumbs
2 tablespoons vegetable oil
1 teaspoon salt
1 tablespoon white vinegar
(for the poaching water)
Hollandaise sauce (see below)

Hollandaise Sauce Ingredients

3 egg yolks
1 stick of unsalted butter
2 teaspoons lemon juice
½ teaspoon salt

Equipment

Sauté pan x 2 (one for poaching the eggs and one for the shrimp patties)
Small saucepan for melting the butter
(or microwave for 45 seconds)
Slotted spoon for poached eggs
Spatula
Measuring cups & spoons
Blender (optional)
Food processor (optional)

Directions

Shrimp patties:

Puree the shrimp in a food processor (if you don't have a food processor, you can chop the shrimp into small pieces). Put the pureed shrimp in a mixing bowl and add the green onion, 1 egg, breadcrumbs, lime juice, cayenne pepper, and salt, and mix well. Form the shrimp mixture into patties, add 2 tablespoons of vegetable oil to a large sauté pan and cook over medium heat for 3-4 minutes per side. Reserve the cooked patties on a plate while you make the hollandaise sauce and poach the eggs.

Hollandaise sauce:

Melt the butter in a small saucepan. Meanwhile puree the egg yolks in a blender (if you do not have a blender you can make the hollandaise in a homemade double boiler; see below). With the blender running add the warm, melted butter in a slow stream. Add the lemon juice at the end.

To poach the eggs:

Bring 2 inches of water in a medium saucepan to a boil over high heat then turn the heat down to medium-low. Add 1 tablespoon of white vinegar. Gently crack an egg into a bowl then add the egg to the pan. Be careful not to break the yolk! We use prep bowls to slip the cracked egg slowly into the poaching liquid. Allow the egg to cook undisturbed for 3 minutes. Use a slotted spoon to remove the egg and gently place on top of the shrimp cake.

The final product:

Toast the English muffins, place a shrimp patty on each half of an English muffin, top with a poached egg and finish with a couple tablespoons of hollandaise over each muffin half.

Note: If you have the 2 cup sized food processor, you may have to puree the shrimp in a couple of batches.

Making hollandaise by hand:

Fill a saucepan with 2 inches of water and place on the stove over high heat and bring to a boil. Once the water is boiling reduce the heat to low. Whisk the egg yolks in a glass bowl and place the bowl on top of the saucepan. Make a homemade double boiler by placing the glass bowl over the saucepan. Whisk the egg yolks continuously until they become smooth and light yellow. While whisking, slowly drizzle the butter into the eggs. Once the sauce is thick you can turn off the heat and add the lemon juice.