

California Benedict with Chipotle Spiced Bacon, Tomato and Avocado Hollandaise

Phillis Carey cooking class, Sept. 2013

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BACON

8 pieces thick-sliced bacon, cut in half (across)

1/2 cup brown sugar

1/2 teaspoon chipotle chile powder

EGGS:

1 tablespoon vinegar

8 large eggs

4 whole English muffins, halved

2 tablespoons unsalted butter

4 slices fresh tomato

2 tablespoons fresh cilantro, minced (for garnish)

AVOCADO HOLLANDAISE:

3 large egg yolks, at room temperature

3 tablespoons fresh lemon juice

1/2 cup unsalted butter, melted (hot)

1 whole avocado, peeled & diced

Carolyn T's Blog - Tasting Spoons
<http://tastingspoons.com>

Servings: 4

Notes: Each person might be happy with just one of these, not two, especially if you're serving anything else like fruit or breads, coffee, champagne. Hungry men and boys probably would be happy to eat two of them.

1. BACON: Preheat oven to 400°. Line a large baking sheet with parchment paper and set a rack in the pan; arrange bacon slices on the rack. In a small bowl combine the brown sugar and chipotle chile powder. Spread this mixture over the top of each bacon slice, covering all the surface with some of the mixture. Bake for 15-25 minutes or until the bacon is crispy and golden brown. Remove and set aside.

2. HOLLANDAISE: Heat at least 3 inches of water in the bottom of a double boiler to a low simmer. In the top of the double boiler whisk egg yolks and lemon juice together, then place on top of the simmering water in the lower pan. Whisk constantly, add the hot, melted butter in a slow, steady stream. As the sauce thickens, you may add the butter a bit faster.

3. AVOCADO: Place diced avocado in a strainer and rinse under cold tap water. Drain and transfer it to a food processor (or you may use a fork or potato masher in a bowl). When the Hollandaise sauce is finished, whiz up the avocado and gently add to the Hollandaise sauce. If the mixture is too cool, you can gently reheat the sauce (don't COOK it, just reheat it). Season with salt and pepper to taste.

4. ENGLISH MUFFINS: Toast the muffin halves and lightly spread with soft butter.

5. EGGS: Fill a medium saucepan with about 2-3 inches of water. Add vinegar and bring mixture to a simmer. Crack an egg into the simmering water, holding the egg right above the water and letting it slide into the water. (Alternately, crack each egg into a small heatproof dish and gently lower one side of the dish into the water as you tip the egg out into the water.) Cook eggs for 3-4 minutes or until the egg white is set but yolk is not still wobbly. Remove the eggs to a paper-towel lined pan or dish. (You may also cook the eggs ahead of time, remove to a paper towel lined pan and when you're ready to serve, slip the eggs back into the simmering water for about 30 seconds to reheat them.)

6. TO SERVE: Place warmed English muffins on each plate (2 per person is specified; 1 muffin may be enough for some people). Place a tomato slice on each one, then the bacon (reheat it very briefly in the microwave or in the oven), the poached egg, then spoon Hollandaise sauce over each one and garnish with cilantro.

Yield: 8 eggs benedict

Per Serving (excluding unknown items): 906 Calories; 64g Fat (62.9% calories from fat); 29g Protein; 56g Carbohydrate; 4g Dietary Fiber; 683mg Cholesterol; 845mg Sodium. Exchanges: 1 1/2 Grain(Starch); 3 Lean Meat; 1 Vegetable; 1/2 Fruit; 10 1/2 Fat; 1 Other Carbohydrates.