

Southwestern Eggs Benedict

Ramekins, cooking school in Sonoma



A zesty version of the traditional Benedict flavors.

1 pound chorizo, bulk, or removed from casings

2 tablespoons vegetable oil

2 tablespoons cilantro, finely minced

POACHED EGGS:

12 whole eggs, poached

2 teaspoons butter

4 cups water

2 tablespoons white vinegar

A bowl of cold water

CORNBREAD:

2 cups yellow cornmeal

2 cups all-purpose flour

1 tablespoon double-acting baking powder

1 teaspoon baking soda

2 teaspoons salt

4 large eggs

2 1/2 cups buttermilk

8 tablespoons unsalted butter, melted and cooled

CHIPOTLE HOLLANDAISE:

6 whole egg yolks

2 tablespoons warm water

2 tablespoons lime juice

1 teaspoon chipotle chile canned in adobo

kosher salt and freshly ground black pepper

8 ounces unsalted butter

Servings: 6

1. Form the bulk sausage into 12 flat, round patties. Heat 1 T. of oil in a medium skillet over medium heat. Fry half of the sausage patties for about 4 minutes per side. Remove from pan and repeat with the remaining oil and sausage patties. Do not overcook.

2. CORNBREAD: Preheat oven to 425. Grease a sheet pan generously. In a bowl whisk together the cornmeal, flour, baking powder, baking soda and the salt. In a small bowl whisk together the eggs, buttermilk and the butter. Add the buttermilk mixture to the cornmeal mixture and stir the batter until JUST combined. Heat the greased pan in the oven for 3-5 minutes, or until it is very hot, add the batter, spreading evenly and bake the cornbread in the middle of the oven for 15-20 minutes, or until the top is pale golden and the sides just begin to pull away from the edges of the pan. Let the cornbread cool for 5 minutes, turn it out onto a rack and let it cool completely. Using a round 2 1/2-inch to 3-inch cutter, cut the cornbread into 12 rounds.

3. CHIPOTLE HOLLANDAISE: Set a small saucepan with water on the stove and bring to a simmer. Reduce heat to lowest possible setting. In another pan warm the butter until melted and skim off any foam on top. Combine the yolks, 2 T. warm water, lime juice, chipotle, kosher salt and freshly ground black pepper in blender. With the blender running, drizzle in the warm butter VERY slowly until it is all incorporated. Transfer to a stainless bowl and place on top of the saucepan filled with warm water to keep it warm. Do NOT let the sauce get too hot, as it can cause the sauce to "break."

4. POACHED EGGS: Lightly butter the bottom of a deep skillet. Fill the pan with 4 cups of water and bring to a gentle simmer over medium high heat. Add 2 T. white vinegar to the water and a large pinch of salt. Crack each egg into a small bowl. Gently lower one edge of the bowl - about 1/3 of the bowl itself - into the simmering water and allow the water to swirl around the entire egg for about 10-15 seconds, then gently pour the egg out into the water completely. Repeat with remaining eggs. Adjust the heat as necessary to keep the water at a very low simmer. Cook for about 3-4 minutes or until the whites are set and the yolks are still soft. Remove with a slotted spoon to a bowl of COLD water. When ready to serve, reheat them in the same pan of simmering water to gently re-warm them before serving.

5. ASSEMBLY: Use 2 cornbread rounds for each serving. Top each piece with a chorizo sausage patty, a poached egg and then cover with chipotle hollandaise sauce. Garnish with some finely chopped cilantro.

Per Serving (excluding unknown items): 1425 Calories; 101g Fat (64.2% calories from fat); 50g Protein; 77g Carbohydrate; 5g Dietary Fiber; 976mg Cholesterol; 2430mg Sodium. Exchanges: 4 1/2 Grain(Starch); 5 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Non-Fat Milk; 16 1/2 Fat; 0 Other Carbohydrates.

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