

Avocado and Tomato Eggs Benedict

Serves 4

2 English Muffins, split
8 slices Canadian Bacon
1 ripe avocado, peeled, seeded, cut into quarters and then sliced into fans.
1 large or 2 medium ripe tomatoes
4 t. parmesan cheese
4 Eggs
2 T. Vinegar

Set a nonstick skillet on the stove, fill with water and bring to a simmer. Add 2 T. vinegar to the water.

Preheat broiler.

Toast all halves of the English Muffins (in your toaster) and set onto a cookie sheet or broiler pan. Top each half with 2 slices of Canadian bacon, 1 large or 2 small slice(s) of tomato, and 1 teaspoon parmesan cheese. Place muffins under broiler until cheese is melted and bubbling.

In the mean time: crack 1 egg at a time into a small dish and slide into the simmering water. Do this as slowly and carefully as possible, so as not to make the egg “spread”. When muffins are ready, move to a plate and top each one with an avocado “fan”. Carefully remove eggs from the water with a slotted spoon or spatula when the whites are completely set and place one on top of each muffin. Top with 1 or 2 spoons of Hollandaise sauce.

For the Sauce:

2 egg yolks
2 T heavy cream
2 t. white vinegar
Pinch Cayenne pepper
½ C. melted butter

In a double boiler on low heat (simmer), combine eggs, cream, vinegar and cayenne. Whisk continuously until eggs have thickened to about mustard consistency. Remove top pan from the double boiler and set on a wet cloth. Slowly pour butter into eggs (VERY SLOWLY), while whisking vigorously, until all the butter is combined with the eggs. The sauce should be smooth and light. Set aside in a room temperature area and cover.