

## Cooking With Rania

KDKA Pittsburgh Today Live 5/16/2012

### Eggs Benedict

#### INGREDIENTS

1/4 cup white wine vinegar  
8 eggs  
Extra-virgin olive oil  
8 thick slices Canadian bacon  
4 English muffins, fork split  
Blender Hollandaise Sauce (*recipe follows*)  
4 cups Mixed Field Greens  
Juice of 1 lemon  
Greek olive oil  
Kosher salt

#### DIRECTIONS

Fill a large, wide pot halfway with water and bring to a boil. Add the vinegar and reduce the heat until the water in the pan has no more bubbles.

Very close to the surface of the water, crack the eggs and gently drop each egg into the water. Cook the eggs for 3 to 4 minutes. Using a slotted spoon, remove the eggs from the pan and place in a bowl of cold water. Reserve the eggs in the cold water and reserve the poaching liquid to reheat the eggs. Obviously, if you are poaching the eggs a day ahead you can reheat the eggs in new water!

Coat a large sauté pan lightly with olive oil and bring to a medium heat. Add the slices of Canadian bacon and cook them on both sides until they are hot but not brown.

Toast the English muffins. Place 1 slice Canadian bacon on each English muffin.

Warm up the egg poaching liquid (or a pan of new water if you poached ahead) and place the eggs in the water for 1 minute or until the eggs are warm but not cooking any further. Using a slotted spoon, remove the eggs from the warm water, blot on a clean paper or tea towel and place 1 egg on each English muffin. Top with the Hollandaise Sauce.

Toss the greens with lemon juice, and dress with olive oil and salt. Garnish each plate with the dressed greens.

Serves: 8

### Blender Hollandaise Sauce

(next page)

---

## Cooking With Rania

KDKA Pittsburgh Today Live 5/16/2012

### Blender Hollandaise Sauce

#### Ingredients

4 egg yolks ~ using pasteurized eggs  
2 teaspoons water  
2 teaspoons lemon juice  
2 sticks unsalted butter – melted  
Salt to taste  
Hot sauce to taste

#### Directions

In a blender blend yolks, water and lemon juice until smooth. Add the hot melted butter by very slowly until sauce begins to emulsify.

Season the sauce with salt and hot sauce to taste. Keep the sauce warm over a pot of barely simmering water – never allowing the water to touch the bottom of the bowl.

Please note: This recipe contains raw eggs