



Eggs Benedict

2 English muffins, toasted and buttered

2 slices Canadian bacon (ham can be substituted)

2 poached eggs

Hollandaise sauce (See recipe)

This is a breakfast that our children loved growing up. Our youngest son, Bradley, would request it once a week. It is calorie laden, decadent and delicious.



Toast and butter English muffins.

Warm Canadian bacon in a skillet with a small amount of butter

Poach eggs

Place Canadian bacon on the toasted English muffin, followed by the poached eggs. Top with Hollandaise sauce.

Serve Immediately.



To poach eggs, bring water to a simmer and break eggs gently into the water. Cook for 5 to 6 minutes for a soft yolk. Remove the eggs with a slotted spoon.



Special egg poaching pans can be used to poach several eggs at the same time and keep them nicely shaped.