



# Soft-Shell Crabs Egg Benedict with Cajun Hollandaise

Serves 2

## Ingredients

### FOR THE SOFT SHELL CRABS:

- 1 cup all-purpose flour
- ½ teaspoon kosher salt
- ½ teaspoon freshly ground black pepper
- 4 soft shell crabs, cleaned
- ¼ cup extra-virgin olive oil, divided

### FOR THE CAJUN HOLLANDAISE:

- 2 tablespoons white vinegar
- 1 tablespoon diced shallots
- 5 whole black peppercorns
- 3 large egg yolks
- 1 cup unsalted butter, melted and cooled slightly
- ½ teaspoon kosher salt
- ¼ teaspoon smoked paprika
- ¼ teaspoon chili powder
- 1/8 teaspoon cayenne pepper

### FOR SERVING:

- 4 English muffins, halved and toasted
- 2 medium avocados, peeled, pitted and thinly sliced
- 1 medium heirloom tomato, thinly sliced
- 4 poached eggs
- 1 tablespoon chopped chives
- Lemon wedges

## Directions:

In a medium mixing bowl whisk together the flour, salt and pepper. Dredge two of the crabs in the flour, making sure they are coated on both sides. Shake off the excess flour.

Heat a medium sauté pan over medium heat, add 2 tablespoons of the oil and heat through. Once the oil is hot but not smoking, add the two crabs to the pan, back-side-down and sauté until the crabs start to crisp, about 3 minutes.

Lower the heat if the pan starts to smoke. Flip the crabs over and continue to cook until golden brown and crispy on the underside, about an additional 2 minutes.

Remove to a paper towel lined plate to cool. Add the remaining oil to the pan and repeat the process with the remaining crabs.

### FOR THE CAJUN HOLLANDAISE:

In a small saucepan over medium heat add the vinegar, shallots and peppercorns and bring to a simmer. Reduce to about 1 teaspoon then strain the shallots and peppercorns and discard.

Add the egg yolks and reduced vinegar to the bowl of a food processor and pulse a few times to combine. With the food processor running, slowly add the butter from the top through the hole.

Continue adding in a slow stream until an emulsion forms and the sauce is thick. Season with salt, paprika, chili powder and cayenne and pulse until combined.

Set sauce aside in a metal bowl over a pot of simmering water to keep warm until ready to use.

### FOR SERVING:

To assemble the eggs Benedict, divide the English muffins among 4 plates, placing both cut side up. Top each with avocado and tomato then place one pan-fried soft-shell crab on top of each set of English muffins.

Top with an egg and a generous spoonful of hollandaise. Garnish with chopped chives and serve with a side of lemon wedges.