



Lobster Benedict

Serves 2

Ingredients

English Muffins, split in half and toasted

4 fresh eggs

Fresh herbs or sliced green onions, for garnish

BUTTER POACHED LOBSTER TAILS

4 (4 ounce) cold water lobster tails, uncooked and defrosted if frozen

1 cup unsalted butter

HOLLANDAISE SAUCE

3 egg yolks

½ unsalted butter (or use butter that the lobster was poached in)

1 tablespoon lemon juice

Kosher salt and freshly cracked pepper, to taste

Cayenne pepper, to taste

TO SERVE

Place two English muffin halves cut side up on a plate. Repeat on another plate. Top them with a generous amount of lobster meat, then place a poach egg onto each English muffin half. Pour the hollandaise sauce over each egg, then top with dill, chives, or green onion.

Serve immediately.

Directions:

BUTTER POACHED LOBSTER - Using sharp pair of kitchen scissors, cut down the full length of underside and top of the lobster tail. Gently pull the shell apart and pry the meat from the shell. Pat the tails dry with a paper towel and season very lightly with salt and pepper. Add the unsalted butter to a medium sauté pan or frying pan and melt it over medium heat.

Once the butter is hot, add the lobster meat and lower the temperature to medium low and allow them to cook about 2 minutes on each side or until they are opaque completely through. Cutting one open is perfectly okay, we're cutting the lobster up anyway. Once the lobster is fully cooked, place them onto a cutting board, give them a rough chop with a sharp knife for big chunks of lobster, and set them aside.

BLENDER HOLLANDAISE

Add the egg yolks and lemon juice into your blender. Pulse the egg yolk mixture until it lightens in color, about 20 seconds. Once the egg mixture has lightened in color, turn the blender on to its lowest setting and drizzle in the hot melted butter slowly, while the blender is going. Continue to blend for another couple seconds after the butter is all incorporated. Turn off the blender and add about ½ teaspoon kosher salt and pepper and just a pinch of cayenne, if using. Give a taste, it should be buttery, lemony, and a little salty.

If you want a thinner consistency, add a little warm water. Pulse briefly to emulsify the ingredients one more time so the sauce doesn't break.

POACHING THE EGGS: Bring a 12-inch sauté pan with about 3 inches of water to a gentle simmer over medium heat. While the water is coming up to a simmer, carefully crack an egg into a small mesh sieve to remove the watery albumin. Move it around the sieve gently to get all the watery egg white to drain. Put the egg into a small bowl. Repeat this step and place each egg into its own bowl. Once you see columns of bubbles in the water, place the egg(s) into the pan and set a timer for 2 minutes and 45 seconds. Make sure your water doesn't begin to boil, if the eggs are being jostled around turn the heat down slightly.

Once the eggs are poached, use a slotted spoon or Asian spider to scoop the eggs out and place them onto a plate lined with paper towels. Set aside.