

Eggs Benedict with Salmon

Savannah · 30/09/2024



Prep Time

10 mins

Difficult

Medium

Servings

1 hr

Description

Smoked salmon and rye bread add a new twist to the traditional eggs Benedict in this smoked salmon Benedict. The sauce can be set aside at room temperature for up to an hour. When ready to serve, reheat gently in a double boiler.

Ingredients

- - ¾ cup plain low-fat yogurt - 2 teaspoons lemon juice - 3 egg yolks - ½ teaspoon prepared Dijon-style mustard - ¼ teaspoon salt - ¼ teaspoon white sugar - 1 pinch ground black pepper - 1 dash hot pepper sauce - 8 eggs - 8 slices rye bread - 8 ounces smoked salmon
- cut into thin slices - 1 tablespoon chopped fresh parsley
- for garnish - 1 teaspoon capers
- for garnish

Instructions

1. To make the sauce: In the top of a double boiler
2. whisk together yogurt
3. lemon juice
4. egg yolks
5. mustard
6. salt
7. sugar
8. pepper
9. and hot sauce. Cook over simmering water
10. stirring constantly
11. 6 to 8 minutes
12. or until sauce is thick enough to coat the back of the spoon. In a large stock pot
13. heat 2 quarts of salted water to a boil. Carefully break eggs one at a time into boiling water. When all eggs have been added
14. reduce the heat to medium. When eggs float to the top
15. remove them with a slotted spoon and let drain briefly. To assemble final dish: Toast bread slices and place on warm plates. Top each piece of toast with a slice of smoked salmon and a hot poached egg. Drizzle with yogurt sauce; garnish with parsley and capers. Relyn Corbo-Lazaro