

Eggs Benedict with Bacon – Alison Mountford

By Alison Mountford, contributing chef to RINewsToday.com



QUICK TIPS - You CAN make eggs benedict. And you should make it on New Year's Day! My egg poaching trick went viral with almost 2 million views on TikTok - and the blender Hollandaise sauce makes things easy.

INGREDIENTS

1 pound bacon
8 eggs (or how many you want to serve)
.25 teaspoon kosher salt (or more, to taste)
.25 teaspoon black pepper (more, to taste)
4 english muffins
mixed fruit
1.5 cup unsalted butter (2 ½ sticks)
2 egg yolk
1 lemon (2 Tablespoons juice)
Pinch teaspoon cayenne pepper
1 pinch white pepper
.5 teaspoon dry mustard

INSTRUCTIONS

1. PREHEAT THE OVEN TO 425 DEGREES

2. BACON

Arrange bacon in one layer on a baking sheet and place it in the oven. Roast for about 14 - 18 minutes, more or less, depending on how thick your bacon is and how well done you prefer it to be. Remove pan and lift bacon strips onto a paper towel to blot off excess grease, if desired.

When done, turn oven down to 350 degrees F.

3. EGGS

While bacon is cooking, prep eggs. Add 1 Tablespoon water into each cup you'll be using of a 12-cup muffin tin (i.e., 8 eggs? Only fill 8 cups). Crack an egg into each and add a pinch of salt and pepper if desired. Place carefully in the oven and bake until the whites are set, and the yolks are cooked to the desired runniness, 10 to 15 minutes. They will look falsely wet because of the water, so be sure to check the whites and yolk specifically, not the overall look of each cup.

Carefully and gently, tilt the muffin tin over the sink to let a little water drain out. Run a butter knife around each egg until it pops out.

4. HOLLANDAISE

Melt the butter on the stove or in the microwave until completely hot and just shy of boiling. Warm the blender bowl by filling it with hot water for 30 seconds, then empty it and dry it off. To the blender bowl, add the egg yolks, lemon juice, cayenne, salt, white pepper and dry mustard and blend at medium speed. With the blender running, SLOWLY drizzle in the hot melted butter - make the first few teaspoons especially slow, literal drops at a time, then go to a slow stream. As you add butter it will emulsify and look creamy and pale. Turn off when done.

5. SERVING

Serve a toasted english muffin per plate. Top with bacon strips, an egg each, and generously coat with hollandaise.