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Cooking with the Club

with Chef Robert Larios



MOTHER'S DAY SPECIAL: Eggs Benedict for Breakfast

DIRECTIONS: Eggs Benedict



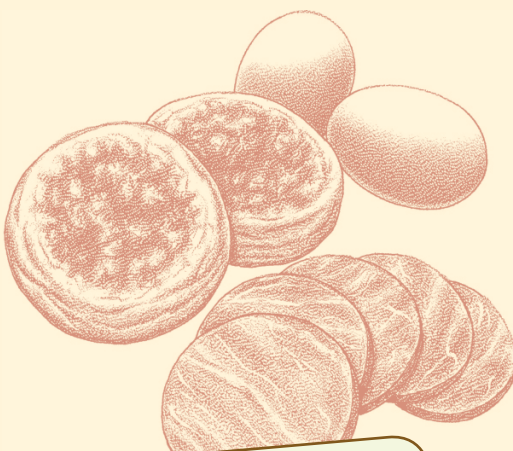
To make the sauce: In the top of a double boiler, whisk together yogurt, lemon juice, egg yolks, mustard, salt, sugar, pepper and hot sauce. Cook over simmering water while stirring constantly for six to eight minutes, or until sauce is thick enough to coat the back of the spoon.



In a large stock pot, heat two quarts of salted water to a boil. Carefully break the eggs one at a time into the boiling water. When all the eggs have been added, reduce the heat to medium. When the eggs float to the top, remove them with a slotted spoon and let them 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 sauce; garnish with parsley and capers.



This is a first for Cooking With the Club—a breakfast recipe! There is nothing finer than a great breakfast dedicated to all mothers of the world than Eggs Benedict. As Eggs Benedict is my favorite breakfast of all time, I am planning to make this recipe for my mother on Mother's Day, and I encourage you to do the same!

Traditional Eggs Benedict calls for English muffins, ham or Canadian bacon. This recipe is just a tad different because it calls for rye bread instead of English muffins, and smoked salmon instead of ham or Canadian bacon. Do not be fooled; the flavors are just as stellar, and I guarantee moms everywhere will want more!



Eggs Benedict With Salmon *(from Allrecipes.com)*

INGREDIENTS:

- 3/4 cup plain low-fat yogurt
- 2 teaspoons lemon juice
- 3 egg yolks
- 1/2 teaspoon prepared Dijon-style mustard
- 1/4 teaspoon salt
- 1/4 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

Makes 8 Servings

SPECIAL TOOL/EQUIPMENT:

- Egg yolk separator



Cooking TIDBIT:

The use of any other bread that can support the poached egg can be used as the base in the recipe such as toasted English muffin, sourdough bread, etc.



[A Cook's Dictionary]

Eggs Benedict:

A breakfast or brunch specialty consisting of two toasted English muffin halves, each topped with a slice of ham or Canadian bacon, a poached egg and a dollop of hollandaise sauce. The most popular legend of the dish's origin says that it originated at Manhattan's famous Delmonico's Restaurant when regular patrons Mr. and Mrs. LeGrand Benedict complained that there was nothing new on the lunch menu. Delmonico's maitre d' and Mrs. Benedict began discussing possibilities, and eggs Benedict was the result.

— From the *The New Food Lover's Companion*, Sharon Tyler Herbst, 1995, Barron's Educational Series.



Chef Larios says, "Enjoy!"

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Food Factoid:

"The difference between involvement and commitment is like ham and eggs. A chicken's involved; the pig's committed." — Sean Penn