
Kentucky Hot Brown Benedict

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Servings: 4

Start to Finish Time: 25 minutes

FOR THE HOLLANDAISE SAUCE

4 large pasteurized eggs, separated for yolks only

1 lemon, halved

1 pound unsalted butter, room temperature

1/4 teaspoon sea salt

1/4 teaspoon ground white pepper

1/8 teaspoon cayenne pepper

1/2 teaspoon hot pepper sauce

1/2 teaspoon Worcestershire sauce

FOR POACHED EGGS

2 quarts water

2 tablespoons champagne vinegar

8 large pasteurized eggs

FOR SERVICE

nonstick aluminum foil

4 English muffins, split and toasted

8 ounces sliced turkey breast

1 vine ripe tomato, sliced

8 slices thick-cut bacon, cooked

1/2 cup aged Cheddar cheese, shredded

2 tablespoons chives, sliced

Prepare the sauce: Fill a small saucepot halfway with water. Bring to a boil on high. Place the egg yolks in a medium metal mixing bowl. Squeeze one-half of a lemon over the yolks. Whisk until smooth. Reduce the heat to medium to keep the water simmering. Place the bowl with the yolks over the boiling water. Whisk continuously until the mixture has thickened (if the yolks are cooking too fast, remove from the heat and whisk to cool, then return to the heat until thickened).

Add one-quarter of the softened butter to the bowl. Whisk to melt the butter. Repeat until all of the butter has been added. The sauce will seem thin at this point. Keep whisking the sauce until thickened. Remove the bowl from the heat. Stir in the salt, white pepper, cayenne pepper, hot pepper sauce and Worcestershire. Squeeze the remaining lemon half into the sauce and whisk until blended. Keep the sauce in a warm place until ready for service.

Prepare the poached eggs: In a large saucepot on high heat, bring two quarts of water to a boil. Add the vinegar. Reduce the heat to medium-low (the water should be 170 degrees). Crack the eggs, one at a time, into small bowls. Carefully poach each egg in water, one at a time. Poach for 5 minutes. Remove with a slotted spoon and set aside on a parchment-lined baking sheet.

To serve: Preheat the broiler on high. Arrange the toasted English muffin halves on a foil-lined baking sheet. Layer with turkey, tomatoes, bacon and cheese. Broil for 3 to 4 minutes until the cheese has melted. Serve each muffin half topped with one poached egg and garnished with sauce and chives.

Breakfast

Per Serving (excluding unknown items): 952 Calories; 93g Fat (86.1% calories from fat); 6g Protein; 28g Carbohydrate; 2g Dietary Fiber; 249mg Cholesterol; 431mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Vegetable; 0 Fruit; 18 1/2 Fat; 0 Other Carbohydrates.