



BEST-EVER SOUS VIDE EGGS BENEDICT

Nothing says brunch quite like Eggs Benedict. Cooking the eggs sous vide, and preparing the Hollandaise sauce in the blender makes this a largely hands-off, foolproof recipe. Photo by Constance Chen on Unsplash.

🕒 15 minutes

🕒 1 hour

🍴 6 portions

INGREDIENTS

- 2 large egg yolks
- 1 tsp vinegar-based hot sauce
- 1 tablespoon fresh lemon juice [or to taste]
- 1 stick salted butter
- Kosher salt and freshly ground white pepper, to taste [it's OK to omit salt if using salted butter]
- 6 English Muffins
- 12 slices Canadian bacon [alternatives could be ham, turkey, salmon, or crabcakes]
- To garnish; fresh dill, chives, capers, tomatoes, red onion, or anything else that you think will be delicious
- 12 large whole eggs, cooked sous vide for 1 hour at 147 degrees Fahrenheit

COOKING METHOD

- 1° In a blender, add the eggs, lemon juice, and hot sauce. Pulse a few times until combined.
- 2° In the microwave or a saucepan, heat the butter until very hot and foamy.
- 3° With the blender running, slowly add the butter to emulsify.
- 4° Blend until light yellow [this won't take long, just 30 seconds or so]. Be careful not to overblend or the mixture can separate and won't look very appetizing.
- 5° Taste the sauce and season with salt and white pepper to taste. Serve immediately or keep warm in a heatproof bowl over a pan of simmering water [double boiler] until ready to serve.
- 6° To assemble; split and toast the English muffins. Top with Canadian bacon [or whatever else you are using], a sous-vide poached egg, Hollandaise sauce, and any toppings.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION [213 g]	% DRI
ENERGY	225 kcal	478 kcal	24 %
FAT	13 g	28 g	43 %
FATTY ACIDS, TOTAL SATURATED	6 g	14 g	68 %
CHOLESTEROL	232 mg	492 mg	164 %
SODIUM	367 mg	781 mg	33 %
CARBOHYDRATE	14 g	30 g	10 %
SUGARS	1 g	2 g	—
FIBER	1 g	2 g	8 %
PROTEIN	12 g	25 g	—