

# Lobster Eggs Benedict

## What you will need to prepare two servings:

- Lobster meat from a 1+ pounder cut in nice pieces
- 4 eggs, poached
- 2 English muffins or 4 slices of thick country bread

## Procedure:

Half-fill skillet with water added with 1 Tb. of white vinegar; bring to simmer. Slide each egg into the pan and let poach for about three minutes. Remove. On a heated plate, place toasted bread, arrange lobster meat on top of bread, then egg, then drizzle to hearts content the golden hollandaise store bought or home-made.

## Mayonnaise - Homemade:

*Tip - have all ingredients at room temperature and thorough beating of egg yolks IS important.*

In bowl of mixer add 4 egg yolks and BEAT well. Add 1 Tb. of white vinegar and beat well. Mix in 1 tsp. of salt, 1 tsp. dry mustard and pinch of cayenne and beat again until well mixed. Turn up speed to high and SLOWLY (drop by drop) begin adding good salad oil.

As emulsion forms then add oil quicker. When done adjust tartness by beating in a little fresh squeezed lemon juice.

Bon appetite from your fish monger - MR FISH!

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