



Bay Lobster Eggs Benedict with Cajun Hollandaise Delight



Ingredients:

- 4 English muffins, split and toasted
- 8 large eggs
- 1 TBLS white vinegar
- 8 bay lobster tail halves (about 4 small tails)
- 1–2 cups fresh arugula or baby spinach (optional)
- Chopped chives, for garnish
- Smoked paprika or cayenne, for garnish
- Microgreens (optional)
- 3 egg yolks (for hollandaise)
- 1 TBLS fresh lemon juice (for hollandaise)
- ½ cup melted butter (clarified preferred for hollandaise)
- ½ tsp Cajun seasoning (for hollandaise)
- Pinch of cayenne pepper (for hollandaise)
- Salt, to taste (for hollandaise)

Method:

1. Bringing a large pot of salted water to a rolling boil. Carefully add the bay lobster tail halves, and cooking them for about one minute per ounce. This quick boil will ensure that the lobster remains succulent. Once fully cooked, remove the tails from the pot to cool slightly. After cooling, remove the meat from the shells, and slice it into bite-sized medallions.
2. Blend the egg yolks with fresh lemon juice in a mixing bowl until the mixture is slightly thick and creamy. Slowly incorporate the melted butter as you continue blending. Once combined, stir in the Cajun seasoning, a pinch of cayenne, and add salt to taste. To keep it warm, set the sauce aside over a gentle heat or place it in a heatproof bowl over hot water, ensuring it doesn't cook too much.
3. In a deep pan, gently bring water to a simmering state before adding the vinegar. Crack each egg into small bowls. Using a spoon, create a gentle swirl in the simmering water, and carefully slide the eggs in one at a time. For perfectly poached eggs, allow them to cook for about 3-4 minutes until the whites are set, but the yolk remains runny. Use a slotted spoon to remove each egg, letting excess water drip off.
4. Toast the English muffins until they reach a golden-brown color. Once toasted, place each half on plates, adding a generous handful of fresh arugula or baby spinach on top of each muffin half if used.
5. Carefully position one poached egg atop the lobster on each muffin half, and generously spoon over the warm Cajun hollandaise, allowing it to cascade over the egg and lobster. To finish, garnish each serving with chopped chives, a sprinkle of smoked paprika or cayenne for added color, and a few microgreens if you desire.