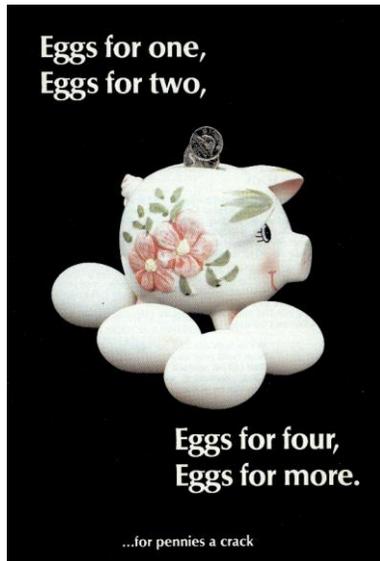


WHAT'S COOKING IN OUR ARCHIVES!

A taste of the past



EGGS BENEDICT

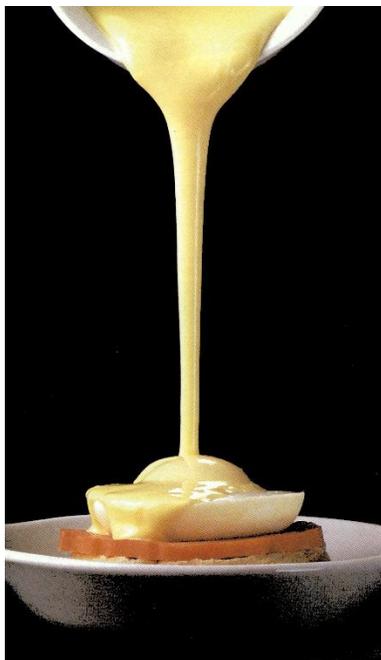
2	eggs	2
1	English muffin, split	1
2	thin slices of ham or peameal bacon	2

Hollandaise Sauce (see page 29)

Break eggs one at a time into a saucer, and slip into gently simmering water. Cook for 3 to 5 min depending on the firmness desired. While eggs are poaching, toast English muffin.

To serve, place toasted muffin halves on a plate, top each with a slice of ham or bacon, and a poached egg. Spoon Hollandaise Sauce over eggs. Makes 1 serving.

NOTE: For Easy Eggs Benedict, condensed cream of mushroom soup may be used in place of the Hollandaise Sauce, simply by heating the soup without adding liquid.



◇ HOLLANDAISE SAUCE

3	egg yolks	3
1	tbsp. lemon juice	15 mL
	dash of cayenne	
	pinch of salt	
½	cup butter, melted	125 mL

Melt butter until bubbly but not brown. Remove from heat. Put egg yolks, lemon juice, salt and cayenne in blender. Whirl on "high" for 3 s (seconds). Remove lid and continuing to blend, add butter in a slow steady stream. Blend for an additional 30 s (seconds) until thick and smooth.

Serve at once.

Makes 1 cup (250 mL).