Veggie Benny’s

Yields 2-3 Benny's

Benny Ingredients:
1pkg Smoked Salmon (any kind of lox)
4-6 Eggs (1 egg per English muffin half)
2-3 English Muffins
6 Radishes
2 Roma Tomatoes
I C Packed Arugula
1 Avocado
1/2 Lemon
1/4 Red Onion
1/2 tsp Minced Fresh Garlic
Olive Oil

Parmesan Hollandaise Sauce
3 Egg Yolks
1 Stick Unsalted Butter
1 Sprig Rosemary
1/3 C Shredded Parmesan
1/4 C Milk

Zest 1/2 lemon and slice two wedges out of the lemon. Add juice from wedges, zest, and a pinch of salt to your cup of arugula and set aside in a bowl to wilt.

\*To clarify 'pinch of salt' - The amount your fingers would hold if they were to pinch someone for not wearing green on St. Patrick’s Day.

Thinly slice your creamy avocados, juicy tomatoes, and your red onions.

Tip: Place your red onions into cool water to take out some of the bite they have. Like the bite? Then leave out the water and eat one already

Now…for the Hollandaise Sauce. First crate a double boiler. I fill mine to about half way with water, and then I bring water to a simmer. While you are waiting for your water to simmer place 1 stick of butter and your sprig of rosemary into a bowl and microwave in 30 sec intervals until butter is fully melted. Remove sprig, and let sit for 10 min to clarify the butter.

Separate 3 egg yolks into a bowl with 1 tsp cold water. Place bowl on top of simmering water and whisk for 7....that's right.....7 minutes, or until biceps have increased a small amount in size.

Note: If your egg starts to look like it is ceasing up...STOP WHISKING - that 7 minutes is a guideline for you, but also use your intuition to stop if at any point the eggs become 'paste-like'

Once the eggs have been whisked, remove them from the heat and add in, carefully, your clarified butter making sure you do not add in any of the separated milk fat to your sauce. Then add in your 1/3 cup parmesan, and 1/4 cup milk and return bowl to simmering water to allow cheese and milk time to combine and heat up. It will look like this when it's done.

\*If you like a thicker hollandaise I would suggest starting this first, before you prep your veggies so it has time to thicken. If it becomes too thick just add milk to thin.

Last, but certainly not least, thinly slice radishes then mix with 1/2 tsp minced garlic, and a dash of salt. Put 1 tsp olive oil in a sauté pan on medium high heat and add radish mix. Cook until garlic is toasted, and radishes have softened. Add immediately to wilted arugula mix to heat arugula slightly.

Now it's time to Build....Those.....Benny's! Toast your English muffins (I like to use sourdough to add a little extra kick), and peel apart layers of your fresh lox. Add all ingredients, except for your hollandaise sauce and egg to the top of your toasted English muffin, and microwave for 30 seconds. You are using a ton of fresh produce, so your Benny will be cool if you don't heat it up. Next fix your eggs any way you like! Sometimes I will poach them and sometimes I will do an over medium version. It's all about what you personally like. Add eggs on top of your veggie mountain and top with your perfectly made buttery hollandaise sauce to create once absolutely mouth watering Benny!