



MAINES

PAPER & FOOD SERVICE, INC.

Eggs Crab Cake "Benedict"

Ingredients **Yield: 1 Servings**

- 8 oz. Crab meat, lump
- 1/2 tsp. Hidden bay seasoning
- 1 ea. Egg, large
- 1 tsp. Worcestershire sauce
- 1/8 tsp. Dry mustard
- 1 Tlb. Mayonnaise
- 1/2 tsp. Lemon juice
- 1 1/2 tsp. Mustard, prepared
- 1 1/2 tsp. Butter, melted
- 1/2 tsp. Parsley, chopped
- 1/4 c. Breadcrumbs
- 3 qts. Water
- 1 Tlb. Salt
- 1 oz. Distilled white vinegar
- 2 ea. Eggs, large
- 4 oz. Hollandaise Sauce
- As needed: Parsley, chopped

Preparation Instructions:

1. Heat the Hollandaise sauce according to manufactures directions. Reserve for service
2. In a large mixing bowl, combine all ingredients except for the crab meat. Then gently fold in the crab meat, being careful not to break up the lumps.
3. Shake into cakes, then pan-fry or bake at 375 degrees for 12-15 minutes until evenly brown and reaches an internal temperature of 165 degrees.
4. Combine the water, salt and vinegar in a deep pan and bring it to a bare simmer.
5. Break each egg into a clean cup, and then slide the egg carefully into the poaching water. Cook for about three minutes, or until the whites are set and opaque.
6. Remove the eggs from the water with a slotted spoon, blot them on absorbent towel and trim the edges if desired. The eggs are ready to ser now.
7. On a heated plate place the two crab cakes and top with the poached eggs. Ladle Hollandaise sauce over eggs. Garnish plate with chopped parsley. Serve immediately

Ingredients		Maines Product Code #	Amount	
Crab meat, lump	Handy	094893	8 oz.	
Hidden bay seasoning	Culinary Secrets	342190	1/2 tsp.	
Eggs, large	Maines	092111	1 ea.	
Worcestershire sauce	Lea & Perrin	304978	1 tsp.	
Dry mustard	Coleman	345425	1/8 tsp.	
Mayonnaise	Culinary Secrets	300063	1 Tlb.	
Lemon juice	Katy's Kitchen	210498	1/2 tsp.	
Mustard, prepared	French's	304666	1 1/2 tsp.	
Butter	Grassland	000110	1 1/2 tsp.	
Parsley	Fresh	097531	1/2 tsp.	
Breadcrumbs	Chef's Fine	326345	1/4 c.	
Water	N/A	N/A	3 qts.	
Salt	Katy's Kitchen	340620	1 Tlb.	
Distilled white vinegar	Heinz	305860	1 oz.	
Eggs, large	Maines	092111	2 ea.	
Hollandaise Sauce	Culinary Gold	156056	4 oz.	
Parsley	Fresh	097531	As needed	

