



Breakfast, Serves 4

Eggs Benedict

Fun fact: a hungover stockbroker by the name of Lemuel Benedict claimed to have invented eggs benny in New York's Waldorf Hotel in 1894 by ordering buttered toast, poached eggs and crisp bacon with "a hooker of hollandaise."

Less fun facts: The name Lemuel has fallen out of fashion and hookers are no longer a common unit of hollandaise measurement.

Whoever it was that invented eggs benedict, they did the world a favor. Here's how we make ours for the river.

Hollandaise

The sauce is pre-made and rides in the cooler. Travels well. It's good for reheating one time. Beyond that you run the risk of the sauce separating. Then it turns into holland-nights sauce.

The following will make four cups of sauciness. Standard serving is 1/4 cup, so you're going to be pretty set in the hollandaise sauce department.

SAUCE:	4	English Muffins	
1 pound Butter (melted)	1	Ham Steak	
12 Eggs (separated)	8	Eggs	
1 Lemon (juiced)	1 small bunch	Parsely	
1 Tsp White Pepper	Pinch	Paprika	
1 healthy pinch Dry Mustard			
1.5 Tsp Paprika			

The Doing of the Thing

Hollandaise Sauce: Separate your eggs yolks and off they go into the blender. Add the lemon juice and blend at a calm, even medium speed.

Now, ever so slowly and carefully, drizzle in the melted butter. Gently, now. Don't make sudden movements.

Now add your spices and there you have it. If saving for later, cool and refrigerate.

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Eggs Benedict, Continued

The Rest of the Benedict

The Eggs: There are various methods for poaching eggs and, frankly, they're all kind of a pain.

Steam basting is relatively easy for riverside preparation. Goes like this:

Oil your skillet and get it on medium heat. Have a lid and a 1/4 cup of water ready.

Crack your eggs in there and let cook until the whites start to set. Now add water and put the lid on for about 2 minutes or until yolks firm up how you like them.

The steaming does a good impersonation of poaching and it makes a handy shortcut, especially for camp cooking.

D.O. muffin tin technique: Here's a trick we learned from our guide pal Connelly Brown, who uses this up in his wilderness yurts, where backcountry skiers enjoy eggs benny at Connelly's Wallowa Alpine Huts.

Muffin tins will be placed inside a dutch oven to steam the eggs. The biggest dutch oven on earth works best for this. Also the smallest muffin tins known to man. Make sure your tins will fit in the DO before starting. We've had to modify tins for this maneuver, which – yeah, it's a pain, but also kind of fun in a science project sort of way. And you get eggs benny out of the deal. So, worth it.

OK. So your muffin tins fit inside the DO. Great. Now line the muffin pockets with liners. We also like the silicone baking cups. Drop an egg in each one. Get your dutch oven over a burner on medium heat. Add about an inch of water in the bottom.

Stack your muffin tins in the DO, cover, let the steam work for 12 minutes and, presto – dutch oven poached eggs. While your eggs are cooking, heat up your pre-cured ham steak. We get ours from local producer Carman Ranch when available.

Toast muffin halves open faced.

Assemble your components, garnish with parsley and a wee dusting of paprika and ... well, now. What do we have here? Fancy breakfast on the river.

Enjoy!