



TIDE TO TABLE



Photography by Michael Cheser



Lump Crab Benedict with Avocado & Hollandaise

A coastal classic, elevated with rich lump crabmeat and silky hollandaise.



CRAB



GRILL



SERVES 2

INGREDIENTS

Main

- 8 oz lump crab meat (fully cooked)
- 2 avocados, thinly sliced
- 2 English muffins, halved
- 4 eggs (for poaching)

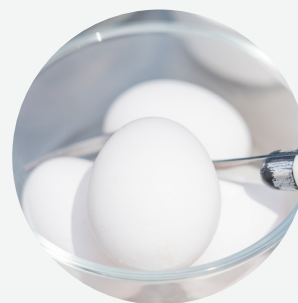
Hollandaise Sauce

- 3 egg yolks
- 1 cup clarified butter (see instructions)
- 2 Tbsp lemon juice, divided
- 3–4 dashes Tabasco sauce
- 1–2 dashes Old Bay seasoning
- Salt, to taste

Poaching Liquid

- 2 quarts water
- 2–3 cups apple cider vinegar

This dish blends coastal flavor with classic brunch vibes—perfect after a morning on the water. Pair it with a mimosa or fresh citrus juice for the full experience.



INSTRUCTIONS

Step 1: Clarify the Butter ●

In a saucepan, melt **1½ cups of unsalted butter** over low heat. Once melted, simmer gently until milk solids separate and settle at the bottom. Carefully ladle the golden butterfat from the top, straining it through a fine mesh sieve or coffee filter. Keep warm.



Step 2: Make Hollandaise Sauce ●

Create a double boiler: place a heatproof bowl over a pot with gently simmering water (the bottom shouldn't touch the water).

1. Add **egg yolks, half the lemon juice, and Tabasco** to the bowl.
2. Whisk continuously until yolks lighten in color and nearly double in volume.
3. Slowly drizzle in warm clarified butter, whisking constantly. ●
4. Add a few drops of warm water if the sauce becomes too thick. ●
5. Season with remaining **lemon juice, Old Bay, and salt** to taste.
6. Keep the sauce warm and covered until ready to serve.



Step 3: Poach the Egg ●

1. Fill a medium pot halfway with water, add **vinegar**, and bring to a gentle simmer. ●
2. Crack each **egg** into a small bowl or ramekin.
3. Swirl the simmering water into a whirlpool using a spoon.
4. Gently lower each egg into the center of the swirl.
5. Poach for about **4 minutes**, or until whites are set and yolks remain runny. ●
6. Use a slotted spoon to lift the eggs and drain on a towel.





Lump Crab Benedict with Avocado & Hollandaise, contd.

INSTRUCTIONS, CONTD.

Step 4: Prepare the Crab and Muffins

1. Warm the pre-cooked crab meat gently in a pan over low heat — **do not overcook**.
2. Toast the English muffins until golden brown.



Step 5: Assemble the Benedict

3. Place toasted English muffin halves on plates.
4. Top with sliced avocado, then warm crabmeat.
5. Nestle a poached egg on top of each stack.
6. Spoon over warm hollandaise sauce.
7. Finish with a dash of Old Bay and serve immediately.



Hosting brunch? Poach your eggs ahead of time and store them in cold water. When ready to serve, dip them in hot water for 30 seconds.



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PRINTER-FRIENDLY VERSION—PRINT THIS PAGE TO KEEP HANDY IN YOUR KITCHEN WHILE COOKING

INGREDIENTS

Main

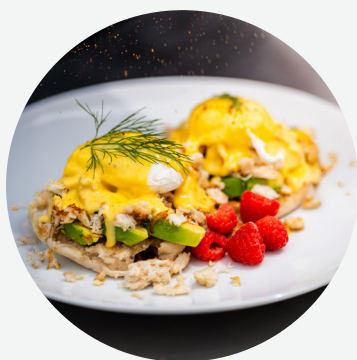
- 8 oz lump crab meat (fully cooked)
- 2 avocados, thinly sliced
- 2 English muffins, halved and toasted
- 4 eggs (for poaching)

Hollandaise Sauce

- 3 egg yolks
- 1 cup clarified butter (*see instructions*)
- 2 Tbsp lemon juice, divided
- 3–4 dashes Tabasco sauce
- 1–2 dashes Old Bay seasoning
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- 2 quarts water
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4. Add a few drops of warm water if the sauce becomes too thick.
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5. Poach for about **4 minutes**, or until whites are set and yolks remain runny.
6. Use a slotted spoon to lift the eggs and drain on a towel.

Step 4: Prepare the Crab and Muffins

1. Warm the pre-cooked **crab meat** gently in a pan over low heat — avoid overcooking.
2. Toast the **English muffins** until golden brown.

Step 5: Assemble the Benedict

1. Place toasted English muffin halves on plates.
2. Top with **sliced avocado**, then warm **crabmeat**.
3. Nestle a **poached egg** on top of each stack.
4. Spoon over warm **hollandaise sauce**.
5. Finish with a dash of **Old Bay** and serve immediately.

WATCH THE EPISODE!

