

CRAB CAKE BENEDICT

INGREDIENTS

- 1 lb lump crab meat
- ½ cup breadcrumbs (panko preferred)
- 1 egg
- 2 tbsp mayonnaise
- 1 tbsp Dijon mustard
- 2 tsp lemon juice
- 2 tsp lemon zest
- 1 tsp Old Bay seasoning
- 1 tsp Worcestershire sauce
- 1 tbsp capers, finely chopped
- 2 tbsp red bell pepper, finely diced
- 1 tbsp chives, minced
- 2 tbsp parsley, minced
- Salt and pepper to taste

Hollandaise

- 3 egg yolks
- 1 tbsp Dijon mustard
- 1 tbsp lemon juice
- ½ cup (4 oz) unsalted butter, melted
- Salt to taste
- Water as needed

Poached Eggs

- 8 Eggs
- 1 tbs White vinegar

Assembly

- 4 whole wheat English muffins, split
- 4 cups baby arugula (lightly dressed with olive oil + lemon)
- Chives, for garnish

INSTRUCTIONS

Crab Cakes

- In a bowl, gently combine all ingredients until just mixed (do not overwork the crab).
- Form into 4-6 patties.
- Heat a skillet over medium heat with a little oil or butter.
- Cook patties for 3-4 minutes per side until golden brown and heated through.
- Set aside and keep warm.

Hollandaise Sauce

- In a heatproof bowl, whisk egg yolks, Dijon, and lemon juice.
- Place over a pot of simmering water (double boiler).
- Whisk constantly while slowly drizzling in melted butter until thickened.
- Add a splash of warm water if too thick. Season with salt.
- Keep warm (not hot).

Poached Eggs

- Bring water to a gentle simmer and add vinegar.
- Crack eggs into small bowls.
- Create a gentle whirlpool and drop eggs in one at a time.
- Cook for 3 minutes, then remove with a slotted spoon.
- Drain on paper towels.

Assemble

- Toast English muffins.
- Top with dressed arugula.
- Add crab cake.
- Place poached egg on top.
- Spoon over hollandaise and garnish with chives.
- Serve immediately.



ROASTED ASPARAGUS

INGREDIENTS

- 1 bunch asparagus, trimmed
- 2 tbsp extra virgin olive oil
- 1 tbsp fresh thyme leaves
- ¼ cup grated Parmesan cheese
- Salt and pepper to taste
- Lemon wedges for serving

INSTRUCTIONS

- Preheat oven to 425°F and line a baking sheet with parchment paper.
- Place asparagus on the sheet.
- Drizzle with olive oil, season with salt, pepper, and thyme. Toss to coat.
- Spread evenly and roast for 8-12 minutes (depending on thickness) until tender and slightly crisp.
- Remove from oven, squeeze fresh lemon juice over top, and sprinkle with Parmesan.
- Serve immediately.



CUCUMBER-LIME REFRESHER

INGREDIENTS

- 2 oz fresh cucumber juice (blend cucumber and strain)
- 1 oz fresh lime juice
- ½-1 oz honey or agave syrup (to taste)
- 3 oz sparkling water or tonic water
- Ice
- Mint leaves and cucumber slices for garnish

INSTRUCTIONS

- In a shaker, combine cucumber juice, lime juice, and honey/agave with ice.
- Shake well.
- Strain into a glass filled with fresh ice.
- Top with sparkling water (clean taste) or tonic (slightly bitter).
- Garnish with mint and cucumber slices.
- Serve cold.

