



Entrée Eggs Benedict with Cheddar Sauce

Yield: 4 servings
 Prep time: 10 min
 Cooking time: 10 min

Ingredients	Metric	Imperial	Method
Milk	250 ml	1 c	In saucepan, gradually stir milk into cornstarch until smooth. Add butter, salt, pepper and nutmeg; stirring constantly. Bring to a boil, over medium heat, cook 1 minute to thicken. Add cheese, stir until smooth. Keep hot.
Cornstarch	15 ml	1 tbsp	
Butter	30 ml	2 tbsp	
Salt, pepper and ground nutmeg			
Cheddar cheese, grated	250 ml	1 c	
Cooking spray			
Eggs	8	8	Poach eggs as demonstrated and cook to desired doneness.
English muffins, split and toasted	4	4	Place two muffin halves on each plate. Top with a slice of ham, a poached egg and 30 ml/2tbsp of cheese sauce. Garnish with grated cheese and parsley. Serve immediately.
Ham cooked, sliced	8	8	
Grated Cheddar cheese, parsley for garnish			

Source: Canadian Egg Marketing Agency

EggsPEI.ca