

1 EGGS BENEDICT



1

EGGS BENEDICT À LA MERE

Poached eggs are served over a toasted English muffin topped with warm hand-picked crab meat, avocado, and roasted tomato. Topped with citrus hollandaise sauce.

Yield: 1 Serving

REORDER NO.	DESCRIPTION	AMOUNT
208640	GFS English Muffin, 2 oz., toasted	1 ct.
Recipe	Oven-Roasted Tomatoes, warmed	2 ct.
201383	Ripe Avocado, sliced	2 oz.
536023	GFS Special Crab Meat	2 oz.
206539	GFS Large Shell Eggs, poached	2 ct.
Recipe	Citrus Hollandaise Sauce	4 flz.

PREPARATION INSTRUCTIONS

Wash hands. Slice the English muffin in half and toast. Place the halves on a warm serving place. Place one slice of tomato, 1 oz. of avocado, and 1 oz. of crab meat on each muffin half. Place the poached eggs on top of the crab meat and top each half with 2 flz. of the citrus hollandaise sauce.

OVEN-ROASTED TOMATOES

Yield: 32 slices

REORDER NO.	DESCRIPTION	AMOUNT
199036	GFS Large Tomatoes, sliced into ½" slices	5 lbs.
108308	GFS Iodized Salt	2 tsp.
225037	Trade East Ground Black Pepper	2 tsp.
322164	Chopped Garlic	4 oz.
428574	Trade East Italian Seasoning	1½ tsp.
432061	GFS Pure Olive Oil	4 flz.

PREPARATION INSTRUCTIONS

Wash hands. Wash all fresh produce under cool, running water; drain well. Arrange the tomato slices evenly in a single layer on a parchment-lined sheet pan. Sprinkle with salt and pepper. Place a small dollop of the chopped garlic on each tomato slice and spread evenly. Sprinkle with Italian seasoning. Drizzle the olive oil onto tomato slices slowly so that most is absorbed by the spices. Roast tomatoes in a preheated 300°F convection oven or 350°F conventional oven for approximately one hour. CCP: Final internal cooking temperature must reach a minimum of 135°F, held for a minimum of 15 seconds. Remove tomatoes from oven and cool. CCP: Food must be cooked from 135°F to 70°F within two hours and from 70°F to 41°F in an additional four hours. Store tomatoes in refrigerator in a covered container for up to five days. CCP: Cold food held for later service must not exceed an internal temperature of 41°F.

CITRUS HOLLANDAISE SAUCE

Yield: 68 flz.

REORDER NO.	DESCRIPTION	AMOUNT
534552	Hollandaise Sauce Mix, prepared per package instructions	66 flz.
119997	Orange Juice Concentrate, thawed	2 flz.
311227	GFS 100% Lemon Juice	1½ flz.
322326	Navel Oranges, zested	2 tbsps. of zest

PREPARATION INSTRUCTIONS

Wash hands. Wash all fresh produce under cool, running water; drain well. Place the prepared hollandaise sauce in a stainless steel mixing bowl. Add the orange juice concentrate, lemon juice, and orange zest. Mix thoroughly. Place into a covered storage container and refrigerate for up to four days.

Costs: Selling Price: \$8.99, Cost Per Portion: \$2.98, Profit: \$6.01, Food Cost: 33%

2 EGGS BENEDICT VALENCE*

Poached eggs served on a toasted English muffin, topped with grilled portobello mushrooms, creamy goat cheese tomato sauce, and Parmesan cheese.

Costs: Selling Price: \$6.99, Cost Per Portion: \$2.22, Profit: \$4.77, Food Cost: 32%

3 VILLAGE EGGS BENEDICT*

Poached eggs served on a toasted English muffin, topped with cold smoked salmon, and orange hollandaise sauce.

Costs: Selling Price: \$8.99, Cost Per Portion: \$3.00, Profit: \$5.99, Food Cost: 33%

*Full recipes are available from your Customer Development Specialist.