

# Tasty Recipes for You to Try



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## Eggplant Benedict

Yield based on slices of eggplant & tomato

Shared by: Barry Phillips

## Ingredients:

### Eggplant

- |                         |                                     |
|-------------------------|-------------------------------------|
| 1 medium eggplant       | Salt and pepper to taste            |
| 1 C. bread crumbs       | Parsley flakes                      |
| 1/2 C. meal             | 2 large eggs                        |
| 1/4 C. flour            | 2 slices shaved ham                 |
| Canola Oil (for frying) | 2 spears cooked or canned asparagus |
| 1 ripe tomato           | Paprika                             |

### Hollandaise Sauce (never fail)

- 3/4 C. water
- Salt, red pepper & paprika to taste
- 2 egg yolks, beaten
- Juice of one lemon
- 1 Tbsp. cornstarch
- 2 Tbsp. butter

## Directions:

1. Peel and slice eggplant into 3/4" to 1" slices. Put in bowl of equal parts water and milk to cover.
2. In a separate bowl, combine bread crumbs, meal and flour.
3. Slice tomato and place on lightly sprayed foil-lined cookie sheet. Lightly salt and pepper each slice and sprinkle with parsley flakes.
4. Fill a large pot with approx 2" of water and bring to a low boil. Add 1 Tbsp. of white vinegar.
5. Place tomatoe slices into pre-heated 400 degree oven or broil for approx 4-5 min.
6. Dredge eggplant slices in bread crumb mixture and fry in oil until lightly browned on both sides, approx 4-5 min. Drain on paper towels.
7. Turn water down to just above simmer and break egg into saucer or dish. Slowly drop egg into water and move around with slotted spoon. Cook egg approx 3-4 min for soft center. Remove from pot and place on paper towels.
8. FOR THE HOLLANDAISE SAUCE: Heat water in top of a double boiler. Add salt, red pepper, paprika and lemon juice.

(over)

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9. In a small bowl, dissolve cornstarch in a little cold water. Add to salt mixture and stir constantly. When mixture is slightly thickened, remove from over hot water.
10. Add the beaten egg yolks and 1 Tbsp. of butter. Stir thoroughly. Place over hot water again until thickened. Add last Tbsp. of butter before serving.

To assemble: Place two fried eggplant onto warm plate, top each with roasted tomato, shaved ham, poached egg and prepared hollandaise sauce, sprinkle with paprika and top with two slices of asparagus. Serve with your favorite sausages, ham or bacon and a bowl of fresh fruit.

\*Servings depend on number of slices of eggplant and tomato you have. If you end up with more eggplant and tomato slices, just add more ham and poached eggs.

