

Smoked Salmon Eggs Benedict

By William Stanbury
2016 NPAFC Intern



Serving suggestion

Smoked salmon eggs benedict is the quintessential Canadian breakfast that is best served on Sunday mornings under the sun. The crisp English muffin base, ripe avocado, and wild cold-smoked Pacific salmon lox have a distinct westcoast feel that is the envy of many Canadians. When prepared properly, a poached egg is neatly placed on its salmon pedestal and crowned by a flavourful, yet light, golden hollandaise sauce. A garnish of fresh dill completes this masterpiece and adds a touch of green reminiscent of Coastal Western Hemlock forests.

The beauty of this dish is both its simplicity and versatility—it can be made by anyone in infinite combinations. Cold-smoked salmon lox are suggested for this recipe and the decision of species is yours. I recommend thinly sliced wild smoked sockeye lox because the flavour of the fish is accentuated by the acidity of the hollandaise. There are many variations of hollandaise and I have chosen a basic sauce that refuses to overpower that smoky salmon flavour. It combines Dijon mustard, lemon, a touch of vinegar, and dill. Feel free to experiment with your hollandaise sauce!



Fresh salmon lox

Ingredients:

Hollandaise

100 grams	unsalted butter, melted
2 large	egg yolks
3/4 teaspoons	Dijon mustard
1 tablespoon	lemon juice
1 teaspoon	white vinegar

Eggs Benedict

4 large	eggs
1/2 teaspoon	white vinegar
2	English muffins, sliced in half
1/2 large	ripe avocado, pitted, and sliced
200 grams	smoked Pacific salmon lox, thinly sliced
1 tablespoon	fresh dill, finely chopped



Melt the butter in a separate pan



Photo credit: Stacy Spensley

Whisk the hollandaise over simmering water



Fresh lemon juice



Photo credit: Glen MacLarty

Variation: garnish with tobiko or caviar

Method

1. Fill a small pot half full with water and bring to a gentle simmer. Place a heatproof bowl over the pot.
2. While water is simmering, melt the butter in a separate pan.
3. Separate 2 egg yolks and place the yolks in the bowl over the simmering water.
4. While continually whisking the mixture, add lemon juice and Dijon mustard to egg yolks. Once the juice and mustard has been added, very slowly add all the melted butter to the egg mixture, continuously stirring until well combined. Add drops of water to loosen the sauce if needed. Whisk in one teaspoon of vinegar and season to taste.
5. Turn the heat off and keep sauce warm over the pot of water, stirring occasionally, and loosening with extra water, if needed. Next step, poach your eggs.
6. Fill a small saucepan with a 3–4 inches of cold water. Heat the water on high until it reaches a light simmer and small bubbles appear at the bottom of the pan, stir in the vinegar.
7. Crack the eggs into a bowl, one at a time. Place the bowl close to the surface of the simmering water and gently slip the egg into the simmering water. Cook the eggs until the egg whites are completely cooked, but the egg yolks are still runny. Using a slotted spoon gently lift the poached eggs out of the pan and place them on a plate.
8. While eggs are boiling, toast English muffins until each side is crispy. Place two English muffin halves on a plate. Top each half with a few slices of avocado, a slice or two of smoked salmon lox, a poached egg, a generous spoonful of hollandaise sauce, and a pinch of dill. Enjoy!



William (Bill) Stanbury was born in Vancouver, British Columbia, and graduated from the University of British Columbia with a BA in History and from the British Columbia Institute of Technology with a Technical Diploma in Fish, Wildlife, and Recreation. Bill has completed invasive species mapping

projects and mapped local trails with community groups. He has worked in a turtle hatchery enhancement program to rehabilitate sub-populations of the Western Painted Turtle, a protected species in BC, and reared hatchery coho salmon. Since 2015, he has worked as a hydroacoustics technician with the Pacific Salmon Commission, an organization formed by Canada and the United States to cooperatively manage Pacific salmon, where his responsibilities included enumerating and sampling returning adult Fraser River sockeye salmon. Bill enjoys soccer, hockey, kayaking, hiking and even bobsledding. Bill was an NPAFC Intern in 2016 and authored an article in the NPAFC Newsletter (41:18–28) highlighting the biological monitoring of key salmonid populations of steelhead trout in British Columbia.