

Bay Lobster Eggs Benedict with Cajun Hollandaise: Elegant Brunch

Bay Lobster Eggs Benedict with Cajun Hollandaise: An Elegant Coastal Twist on a Brunch Classic!



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1 min

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INGREDIENTS

8 bay lobster tail pieces (from 4 whole tails, halved lengthwise)
4 English muffins, split and toasted
1-2 cups arugula or baby spinach (fresh)
8 eggs (large)
1 tbsp white vinegar (for poaching eggs)
Chopped chives (for garnish)
Cayenne or smoked paprika (for garnish, optional)
Microgreens (optional, for garnish)
3 egg yolks (large)
¾ cup melted unsalted butter (clarified preferred, kept warm)
1 tbsp lemon juice (freshly squeezed)
¾ tsp Cajun seasoning (your preferred blend)
Pinch of cayenne (adjust to taste for heat)
Salt to taste

Swaps and Notes:

Bay Lobster: Bay lobster tails are smaller and tender. If unavailable, traditional lobster tail meat, or even large shrimp, can be used. Ensure it's cooked just until opaque.

English Muffins: Classic base. Toast them well for a good texture.

Greens: Arugula adds a peppery bite that complements the richness. Baby spinach is a milder alternative.

Eggs (Poaching): Fresh eggs poach best. The vinegar helps the whites set.

Cajun Hollandaise: Clarified Butter (Preferred):

Clarified butter (ghee) makes a more stable hollandaise. To clarify, melt unsalted butter slowly, then skim off foam and pour off clear butter, leaving milk solids behind. Keep it warm.

Cajun Seasoning: Use a good quality Cajun seasoning blend. Adjust the cayenne to your desired spice level.

Lemon Juice: Freshly squeezed lemon juice is essential for the tangy balance.

Salt: Season to taste, as Cajun seasoning and lobster might already contribute some salt.

Garnishes: Chives, cayenne/paprika, and microgreens add visual appeal and a final touch of flavor.

Instructions:

Cook the Lobster: Bring a pot of generously salted water to a rolling boil. Carefully add the bay lobster tail pieces and cook until they turn bright pink and are opaque, about 1 minute per ounce of tail meat. (For 1-1.5 lb tails halved, this might be 1-2 minutes). Cool the cooked lobster by plunging it into an ice bath. Once cool, carefully remove the shells and slice the lobster meat into medallions (or bite-sized pieces).

Make Cajun Hollandaise: In a blender or food processor, combine the 3 large egg yolks and 1 tbsp fresh lemon juice. Blend on high for about 30 seconds until the mixture is slightly thick and pale.

With the blender running on low, slowly drizzle in the $\frac{1}{2}$ cup melted unsalted butter (clarified preferred) in a very thin, steady stream until the sauce is creamy and emulsified.

Turn off the blender. Add $\frac{1}{2}$ tsp Cajun seasoning, a pinch of cayenne, and salt to taste. Pulse a few times to mix.

Keep the Hollandaise warm. If using a blender, leave it in the blender with the lid vented, or transfer to a small bowl set over a pot of warm (not hot!) water.

Poach the Eggs: Fill a medium saucepan with about 3-4 inches of water. Add 1 tbsp white vinegar (this helps the egg whites set). Bring the water to a gentle simmer (small bubbles, no rolling boil). Crack each of the 8 eggs individually into small bowls or ramekins.

Using a spoon, gently stir the simmering water to create a gentle vortex. Carefully drop one egg into the center of the vortex. Repeat with remaining eggs, spacing them out (cook in batches if necessary).

Poach for 3-4 minutes, or until the egg whites are completely set and the yolks are still runny.

Remove the poached eggs with a slotted spoon and drain excess water on a paper towel or clean kitchen towel.

Toast the Muffins: While eggs poach, toast the English muffin halves until they are golden brown. Place two toasted muffin halves on each serving plate. Top each muffin half with a generous handful of fresh arugula or baby spinach.

Assemble It: Add the cooked lobster slices over the greens on each English muffin half.

DIRECTIONS

1. **Making :** Bay Lobster Eggs Benedict requires a few distinct steps, but careful preparation ensures a stunning and delicious result!
2. **Cook the :** Lobster: Bring a pot of generously salted water to a rolling boil. Carefully add the bay lobster tail pieces and cook until they turn bright pink and are opaque, about 1 minute per ounce of tail meat. (For 1-1.5 lb tails halved, this might be 1-2 minutes). Cool the cooked lobster by plunging it into an ice bath. Once cool, carefully remove the shells and slice the lobster meat into medallions (or bite-sized pieces).
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5. Turn off the blender. Add $\frac{1}{2}$ tsp Cajun seasoning, a pinch of cayenne, and salt to taste. Pulse a few times to mix.
6. **Keep the :** Hollandaise warm. If using a blender, leave it in the blender with the lid vented, or transfer to a small bowl set over a pot of warm (not hot!) water.
7. **Poach the :** Eggs: Fill a medium saucepan with about 3-4 inches of water. Add 1 tbsp white vinegar (this helps the egg whites set). Bring the water to a gentle simmer (small bubbles, no rolling boil). Crack each of the 8 eggs individually into small bowls or ramekins.

8. Using a spoon, gently stir the simmering water to create a gentle vortex. Carefully drop one egg into the center of the vortex. Repeat with remaining eggs, spacing them out (cook in batches if necessary).
9. Poach for 3-4 minutes, or until the egg whites are completely set and the yolks are still runny. Remove the poached eggs with a slotted spoon and drain excess water on a paper towel or clean kitchen towel.
10. Toast the : Muffins: While eggs poach, toast the English muffin halves until they are golden brown. Place two toasted muffin halves on each serving plate. Top each muffin half with a generous handful of fresh arugula or baby spinach.
11. Assemble : It: Add the cooked lobster slices over the greens on each English muffin half.
12. Carefully top each with a perfectly poached egg.
13. Drizzle generously with the warm : Cajun Hollandaise sauce.
14. Garnish with chopped chives, a sprinkle of cayenne or smoked paprika, and fresh microgreens if desired for an elegant finish. Serve immediately.
15. Tips for Success: Fresh Lobster: Use fresh or very high-quality frozen bay lobster for the best flavor. Don't overcook the lobster, it cooks very quickly!
16. Clarified : Butter for Hollandaise: Using clarified butter (just the butterfat) for the Hollandaise makes it less likely to break, resulting in a smoother sauce.
17. Slow : Drizzle for Hollandaise: When blending the Hollandaise, drizzle the melted butter very slowly into the egg yolks to ensure a stable emulsion.
18. Gentle : Poaching: A gentle simmer (not a rolling boil) and adding vinegar to the water are key for perfectly poached eggs.
19. Assemble : Just Before Serving: Eggs Benedict is best served immediately when everything is warm and fresh.
20. Serving Suggestions and Pairings: This Bay Lobster Eggs Benedict with Cajun Hollandaise is a decadent and elegant dish that's perfect for a special brunch, holiday breakfast, or celebratory meal.
21. Serve it alongside a light fruit salad or roasted asparagus.
22. A glass of chilled : Prosecco or a mimosa would be a perfect complement.
23. For other impressive breakfast or brunch dishes, you might also enjoy my Best Breakfast Pizza or my hearty Sausage, Egg and Cream Cheese Hashbrown Casserole.
24. Storage and Leftover Tips: Eggs Benedict is definitely best enjoyed immediately after assembly. Components like cooked lobster and Hollandaise sauce do not store well for extended periods.
25. Cooked : Lobster: Can be stored in an airtight container for up to 1 day in the refrigerator, but will lose some tenderness upon reheating.

SWAPS & NOTES

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Greens: Arugula adds a peppery bite that complements the richness.

TIPS FOR SUCCESS

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