

Crab Cake Benedict

WITH MANGO CREAM SAUCE

Pairs with Saratoga Sparkling Spring Water

Rich, creamy, and the perfect runny yolk to start your weekend. This recipe pairs well with Saratoga Sparkling Water. The uplifting bubbles brighten the palate and richness of the dish, while the low minerality of Saratoga Spring Water balances the fruity notes perfectly.

- SERVES 6 PEOPLE
- COOKS IN 45 MINUTES

Ingredients

MANGO CREAM SAUCE

4 tbsp. unsalted butter
2 tbsp. unbleached all-purpose flour
1 cup heavy cream, warmed to room temperature
1 large mango, peeled, pitted, and diced
¼ cup finely chopped red bell pepper
¼ cup minced fresh cilantro
salt and freshly ground black pepper, to taste

CRAB CAKE BENEDICT

8 large eggs
6 crab cakes (homemade or store-bought)
1 tbsp. distilled vinegar
one 9-ounce bag corn tortilla chips, finely crushed
olive oil, as needed
salt and freshly ground black pepper, to taste
3 English muffins
chopped fresh flat-leaf parsley, for garnish



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step BY STEP

FOR THE MANGO CREAM SAUCE

• *Step 1/2*

In a medium saucepan, melt the butter over medium heat. Add the flour and whisk vigorously until the mixture is smooth and fragrant but does not change color. Add the cream and whisk until the mixture is well combined.

• *Step 2/2*

Reserve ½ cup of the mango. Add the red pepper, cilantro, remaining mango, and salt and pepper to taste. Bring to a simmer, then reduce the heat to low and simmer for 8 to 10 minutes, stirring frequently, until the mixture is thick but smooth and the ingredients are cooked through. You may need to whisk the mixture from time to time to keep it from separating. Remove from the heat, cover, and set aside until ready to serve. Gently reheat just before serving if necessary.

FOR THE CRAB CAKE BENEDICT

• *Step 1/3*

In a small bowl, whisk 2 of the eggs with 2 teaspoons water. Using a pastry brush, brush both sides of each crab cake with the egg wash. Dip each crab cake in the corn chips, coating both sides. Set the crab cakes aside on large plates.

• *Step 2/3*

In a large skillet, heat 1 inch of oil over medium heat. Add the crab cakes, in batches if necessary, cooking until golden brown on each side, about 5 minutes per side, adding more oil to the pan for a second batch if necessary. As the crab cakes are ready, transfer them to a tray and cover with aluminum foil to keep warm.

• *Step 3/3*

Crack your remaining 6 eggs into individual ramekins. Put 2 quarts of cold water and 1 tbsp. distilled white vinegar in your poaching pot and start to bring it to a boil. Once boiled, add 1 tbsp. salt to your water and stir. Reduce your heat so your water is trembling, but not boiling. Swirl the water a few times with a large spoon. While the water is still swirling, gently pour each egg into the water individually. Cook 4 minutes for a soft yolk. Use a slatted spoon to remove the eggs from the water.

• *To Serve*

Split the English muffins in half and toast them. Put 1 English muffin half on each plate. Top each English muffin with a crab cake. Place a poached egg over each crab cake. Top with the mango sauce and garnish with the reserved mango and the parsley. Serve immediately.

